



# Emergency Essentials®

MARCH SPECIALS 2012

**LOW PRICE  
GUARANTEED!**  
SEE OUR GUARANTEE  
ON PAGE 51



## SPRING SAVINGS

Year Supply of the Basics

**769<sup>99</sup>**  
**SALE!**

Includes...

4E1-FS-Y310



Grains



Garden Seeds



Honey

See page 11 for complete list of contents



Heirloom Seed Combo Pack

**18<sup>99</sup>**  
**SALE!**

4E1-FG-S01



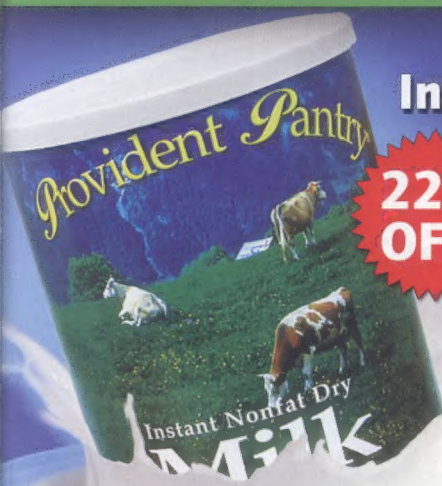
**32%  
OFF!**

**28<sup>99</sup>**  
**SALE!**  
Buy 6+  
**28<sup>49</sup>**  
Each

4E1-FN-C125



**NEW! Freeze-Dried Chicken Breast Strips**



Instant Nonfat Dry Milk

**22%  
OFF!**

**15<sup>49</sup>**  
**SALE!**  
(Reg. \$19.95)  
4E1-FE-M700

Buy 6+

**15<sup>29</sup>**  
Each

Prices & availability subject to change.  
Prices and promotions valid through  
March 31, 2012 and while supplies last.

**BePrepared.com®**  
**1-800-999-1863**

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**Year Supplies specifically designed for practically any budget and circumstance.**

## Which Year Supply of food is for you?

### Traditional Supplies

These supplies provides versatility for cooking your own meals by including baking and cooking essentials. It also includes fruits and vegetables, milk, garden seeds and more.



**Traditional 1200**  
84 Cans  
**949<sup>95</sup>**

(Individual component pricing: \$1,123.50)  
4E1-FS-Y410

**Traditional 2000**  
126 Cans

**1,399<sup>95</sup>**

(Individual component pricing: \$1,656.75)  
4E1-FS-Y510

### Premium Supplies

Providing the convenience of "Just-Add-Water" baking and meal preparation, the Premium supplies include cooking mixes, freeze-dried meals, fruits and vegetables, meat, milk, garden seeds and more.



**Premium 1600**  
126 Cans

**1,849<sup>95</sup>**

(Individual component pricing: \$2,246.75)  
4E1-FS-Y610

**Premium 2000**  
168 Cans

**2,699<sup>99</sup>**

(Individual component pricing: \$3,312.17)  
4E1-FS-Y710

### Gourmet Supplies

Convenient gourmet tasting "Just-Add-Water" meals, side dishes, drink mixes, and desserts. No baking needed. Also includes freeze-dried fruits, vegetables, milk and more.



**Gourmet 1600**  
174 Cans

**3,499<sup>95</sup>**

(Individual component pricing: \$4,620.97)  
4E1-FS-Y812

**Gourmet 2000**  
222 Cans

**4,499<sup>95</sup>**

(Individual component pricing: \$5,978.67)  
4E1-FS-Y912



**Analyzer Results\***  
Daily Nutritional Value  
Based on Year Supply's  
Calorie Count

**1200 Calories per day**  
120% Carbohydrates  
219% Dietary Fiber  
175% Protein  
173% Vitamin A  
122% Vitamin C  
183% Calcium  
118% Iron

**2000 Calories per day**  
121% Carbohydrates  
174% Dietary Fiber  
164% Protein  
192% Vitamin A  
125% Vitamin C  
107% Calcium  
105% Iron

**1600 Calories per day**  
114% Carbohydrates  
87% Dietary Fiber  
143% Protein  
118% Vitamin A  
158% Vitamin C  
130% Calcium  
74% Iron

**2000 Calories per day**  
109% Carbohydrates  
83% Dietary Fiber  
159% Protein  
110% Vitamin A  
171% Vitamin C  
135% Calcium  
81% Iron

**1600 Calories per day**  
105% Carbohydrates  
57% Dietary Fiber  
151% Protein  
111% Vitamin A  
285% Vitamin C  
112% Calcium  
57% Iron

**2000 Calories per day**  
105% Carbohydrates  
56% Dietary Fiber  
159% Protein  
112% Vitamin A  
269% Vitamin C  
114% Calcium  
58% Iron

\*Approximate Amounts

Analyze your own  
food storage for free!  
BePrepared.com/Analyzer

BePrepared.COM

For supply contents and shelf-life information visit [BePrepared.com/YSContents](http://BePrepared.com/YSContents)

**Note:** Depending on availability, items in supplies may vary.  
Any substitution will be of equal or greater value and might alter the general nutritional information provided.



# Traditional 2000™ Year Supply

*This supply provides versatility for cooking your own meals by including baking and cooking essentials. It also includes fruits and vegetables, milk, garden seeds and more.*



**Approximately  
2000 Calories**  
per day for 364 days

126 - #10 Cans  
120 Dehydrated and 6 Freeze-Dried  
64 different varieties

## **Analyzer Results\*** Daily Nutritional Value

Based on  
2000 Calories per day for 364 days

121% Carbohydrates  
174% Dietary Fiber  
164% Protein  
192% Vitamin A  
125% Vitamin C  
107% Calcium  
105% Iron

\*Approximate Amounts

**Analyze your own  
food storage for free!**

**BePrepared.com/Analyzer**

## 1,399<sup>95</sup>

(Individual component pricing: \$1,656.75)

4E1-FS-Y510

*Depending on availability items may vary. Any substitutions will be of equal or greater value and might alter the general nutrition provided.*

## **DH & FD, What is the difference?**

**DH=Dehydrated Foods.** Most of us eat dehydrated foods daily. These include dry baking mixes, pasta, cereal, beans, seasoning mixes as well as many convenience foods. We use this name to describe the most common way food has water removed. The water is slowly cooked out of the food without actually cooking it. Dehydrated foods are lightweight, compact, easy to use, affordable, and for many items it is the best way to preserve.

**FD=Freeze-Dried foods.** To create freeze-dried food, the item is first flash frozen, and then a low-level heat is applied inside a vacuum chamber. This special process dehydrates the food and the result is a premium dried product. Finally, the food is packed for long-term storage. This process retains much of the color, texture, shape, flavor, and nutrition. We also carry foods that are naturally low moisture, including most grains, legumes, etc.

**Note:** All of our food products, with only a few exceptions, are low moisture food. These exceptions are: Honey (page 5), Red Feather Canned Butter (page 6), Bega Canned Processed Cheese (page 6) and Yoders Bacon (page 14 & 15).

## **Contents of a Traditional 2000™ Year Supply Qty**

<b>Breads and Cereals</b>	Quick Oats	3
	Regular Rolled Oats	3
	Creamy Wheat Cereal	3
	Cracked Wheat Cereal	1
	6-Grain Rolled Cereal	2
	9-Grain Cracked Cereal	2
	Low-Fat Granola	6
	Egg Noodle Pasta	3
	Yellow Cornmeal	1
	Yellow Popcorn	1
<b>Cooking Items</b>	White Rice	6
	Scone Mix	1
	Hard Red Wheat	9
	Hard White Wheat	9
	Cornstarch	1
	Chicken Broth	1
	Baking Soda	1
	Shortening Powder	2
<b>Dairy Items</b>	Brown Sugar	1
	Powdered Sugar	1
	White Sugar	3
	Peanut Butter	1
	Butter Powder	2
	Buttermilk Powder	1
	Cheese Blend	2
	Margarine Powder	1
<b>Drinks</b>	Scrambled Egg Mix	2
	Whole Egg Powder	3
	Sour Cream Powder	1
	Nonfat Instant Milk	12
<b>Fruit</b>	Apple Drink Mix	1
	Orange Drink Mix	2
	Peach Drink Mix	1
	Freeze-Dried Berry Blend	1
	Freeze-Dried Strawberries	1
<b>Legumes</b>	Applesauce	2
	Apple Pieces	3
	Banana Slices	2
	Black Beans	1
	Kidney Beans	1
	Lentils	1
	Pinto Beans	1
	Refried Beans	1
	Small Red Beans	1
	Small White Beans (Navy)	1
<b>Soup Mixes</b>	Soybeans	1
	Split Green Peas	1
	ABC Soup Mix	2
<b>Vegetables</b>	Mixed Vegetables for Stew	1
	Imitation Bacon Bits	1
	Imitation Beef	1
	Imitation Chicken	1
	Imitation Sausage	1
	Freeze-Dried Broccoli	1
	Freeze-Dried Green Beans	1
	Freeze-Dried Green Peas	1
	Freeze-Dried Sweet Corn	1
	Carrot Dices	2
<b>Textured Vegetable Protein</b>	Chopped Onions	1
	Hashbrown Potatoes	1
	Potato Dices	1
	Potato Slices	1
	Tomato Powder	1
<b>Garden Seeds</b>	Garden Seeds	1

**Total Cans 126**



# Just-Add-Water Supplies

## 6-Month Lunch & Dinner Supply.\*

Provides about six months of lunch and dinner entrées and side dishes for one person. A great variety of freeze-dried entrées, fruits, vegetables, and drink mixes. Includes 60 #10 cans in 10 cases.

**1,299<sup>95</sup>**

(Individual component pricing: \$1,578.88)  
4E1-FN-E440



## 3-Month Supply of Lunch & Dinner.\*

Approximately three months of lunch and dinner entrées for one; packaged in 30 #10 cans.

**679<sup>95</sup>**

(Individual component pricing: \$792.71)  
4E1-FN-E420



## 1-Month Supply of Freeze-Dried & Dehydrated Foods.\*

One month of nutritionally balanced meals for one; packaged in 18 #10 cans



**364<sup>95</sup>**

(Individual component pricing: \$417.90)  
4E1-FN-M900

### Analyzer Results\* Daily Nutritional Value

Based on 2000 Calories per day for 30 days  
118% Carbohydrates  
109% Dietary Fiber  
155% Protein  
104% Vitamin A  
350% Vitamin C  
125% Calcium  
76% Iron

\*Approximate Amounts

Analyze your own food storage for free!

BePrepared.com/Analyzer

Contents		1-MONTH	3-MONTH	6-MONTH
Poultry Entrées	MH Chicken Ala King	1	2	4
	MH Rice & Chicken		1	2
	MH Chicken Teriyaki		1	2
	MH Noodles & Chicken	1	1	2
	MH Chicken Stew		1	2
	MH Turkey Tetrazzini		1	2
Beef Entrées	MH Beef Stroganoff	1	1	2
	MH Beef Stew	1	1	2
	MH Chili Mac	1	1	2
	MH Lasagna	1	2	4
	MH Spaghetti	1	1	2
	MH Vegetable Stew w/ Beef		1	2
Breakfast	PP Low-Fat Granola	1		
	MH Scrambled Eggs w/Ham	1		
Seafood & Pork	MH Seafood Chowder		1	2
	MH Sweet & Sour Pork		1	2
Vegetarian	MH Instant White Rice	1		
	MH Macaroni & Cheese		1	2
	MH Pasta Primavera		1	2
	PP Refried Beans	1		
	MH Rice Pilaf		1	1
Dessert	MH Raspberry Crumble	1		
	PP Vanilla Pudding, Instant	1		
Fruit & Veggies	PP Banana		1	2
	PP Broccoli		1	2
	PP Cauliflower		1	2
	PP Cinn. Apple Slices		1	2
	PP Corn, Sweet	1	1	2
	PP Green Beans		1	2
	PP Green Peas	1	1	2
	PP Strawberries	1	1	2
Drinks	PP Apple Drink Mix		1	1
	PP Milk, Instant Nonfat	1	1	4
	PP Orange Drink Mix	1		1
	PP Peach Drink Mix		1	1

MH = Mountain House®  
PP = Provident Pantry®

\*Depending on availability, some items in these supplies may require substitutions. Any substitutions will be of equal or greater value and may alter the general nutrition provided.



# BROTHS, CEREALS & COOKING ESSENTIALS



can = #10 size can    SuperPail = 6 gallon bucket with metallized bag  
MyChoice can = #2.5 size can    MH can = Mountain House #10 size can

Bases, Broths & Gravies			Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
Broth, Beef (Vegetarian) can			4E1-FS-C320	74 oz.	\$18.95	\$0.26	6+	\$18.00	\$0.24
Broth, Beef (Vegetarian) MyChoice can			4E1-FH-B051	19 oz.	\$5.85	\$0.31	6+	\$5.60	\$0.29
Broth, Chicken (Vegetarian) can			4E1-FS-C321	74 oz.	\$18.95	\$0.26	6+	\$18.00	\$0.24
Broth, Chicken (Vegetarian) MyChoice can			4E1-FH-B052	19 oz.	\$5.85	\$0.31	6+	\$5.60	\$0.29
Gravy, Beef can			4E1-FS-C065	60 oz.	\$11.75	\$0.20	6+	\$11.00	\$0.18
Gravy, Chicken can			4E1-FS-C070	60 oz.	\$11.75	\$0.20	6+	\$11.00	\$0.18
Soup Base, Creamy can			4E1-FS-C140	64 oz.	\$16.75	\$0.26	6+	\$16.00	\$0.25
Cereals			Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
Cereal, 6-Grain Rolled Mix can			4E1-FS-G199	48 oz.	\$8.95	\$0.19	6+	\$8.50	\$0.18
Cereal, 9-Grain Cracked can			4E1-FS-G200	68 oz.	\$8.50	\$0.13	6+	\$8.00	\$0.12
Cereal, Creamy Wheat can			4E1-FS-G170	73 oz.	\$7.95	\$0.11	6+	\$7.50	\$0.10
Cereal, Cracked Wheat can <b>On Sale!</b>			4E1-FS-G210	66 oz.	\$6.79	\$0.10	6+	\$6.59	\$0.10
Granola, Low-Fat Cinnamon Almond can			4E1-FS-G175	40 oz.	\$11.95	\$0.30	6+	\$11.50	\$0.29
Granola w/ Blueberries & Milk MH can			4E1-FN-G500	20 1/2-cup servings	\$38.29	\$1.87			
Granola w/ Milk and Blueberries can			4E1-FS-E570	20 1/2-cup servings	\$29.95	\$1.39	6+	\$28.50	\$1.33
Oats, Regular Rolled can			4E1-FS-G140	42 oz.	\$5.95	\$0.14	6+	\$5.50	\$0.13
Oats, Regular Rolled SuperPail			4E1-FS-P170	25 lbs.	\$35.95	\$0.09	4+	\$31.75	\$0.08
Oats, Quick can			4E1-FS-G145	38 oz.	\$6.50	\$0.17	6+	\$6.00	\$0.16
Oats, Quick SuperPail			4E1-FS-P180	19 lbs.	\$31.95	\$0.11	4+	\$28.75	\$0.09
Cooking Essentials			Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
Baking Powder can			4E1-FS-C200	81 oz.	\$15.95	\$0.20	6+	\$15.00	\$0.19
Baking Powder MyChoice can			4E1-FH-B025	26 oz.	\$6.15	\$0.24	6+	\$5.85	\$0.23
Baking Soda can			4E1-FS-C210	104 oz.	\$9.50	\$0.09	6+	\$9.00	\$0.09
Baking Soda MyChoice can			4E1-FH-B020	32 oz.	\$4.10	\$0.13	6+	\$3.90	\$0.12
Cornstarch can <b>On Sale!</b>			4E1-FS-C150	60 oz.	\$6.99	\$0.12	6+	\$6.69	\$0.11
Dough Enhancer MyChoice can <b>On Sale!</b>			4E1-FP-E110	17 oz.	\$4.49	\$0.26	6+	\$4.39	\$0.26
Flour, White can			4E1-FS-G205	63 oz.	\$7.95	\$0.13	6+	\$7.55	\$0.12
Flour, Whole Wheat can			4E1-FS-G206	63 oz.	\$7.95	\$0.13	6+	\$7.55	\$0.12
Honey* can			4E1-FS-H110	144 oz.	\$37.95	\$0.26	6+	\$36.00	\$0.25
Honey* 5-Gallon Bucket			4E1-FS-H100	60 lbs.	\$174.95	\$0.18	3+	\$167.00	\$0.17
Margarine Powder can			4E1-FS-D125	41 oz.	\$13.95	\$0.34	6+	\$13.25	\$0.32
Salt, Iodized can			4E1-FS-C120	120 oz.	\$8.95	\$0.07	6+	\$8.50	\$0.07
Shortening Powder can			4E1-FS-D145	41 oz.	\$12.75	\$0.31	6+	\$12.25	\$0.30
Shortening Powder MyChoice can			4E1-FH-S100	10 oz.	\$4.30	\$0.43	6+	\$4.10	\$0.41
Sugar, Brown can			4E1-FS-C160	60 oz.	\$9.95	\$0.17	6+	\$9.50	\$0.16
Sugar, Powdered can			4E1-FS-C170	52 oz.	\$9.50	\$0.18	6+	\$9.00	\$0.17
Sugar, White can			4E1-FS-C130	90 oz.	\$11.75	\$0.13	6+	\$11.25	\$0.13
Sugar, White SuperPail			4E1-FS-P510	47 lbs.	\$71.95	\$0.10	4+	\$64.50	\$0.09
Yeast, SAF-Instant foil pack			4E1-FP-Y110	16 oz.	\$4.95	\$0.31			

\*Not Dehydrated

†See Page 51 for additional information.



## 12-Can Baking Combo

# 126<sup>95</sup>

(Individual component pricing: \$144.75)  
4E1-FS-C400


CONTENTS*	Qty.
Whole Wheat Flour	2
White Flour	2
Iodized Salt	1
Baking Powder	1
White Sugar	1
Brown Sugar	1
Shortening Powder	1
Margarine Powder	1
Whole Egg Powder	1
Milk	1



# Dairy

Flavorful, convenient and versatile drink mixes, cooking essentials, cheese, and even desserts. So delicious, your family won't know it came from a can!



can = #10 size can  SuperPail = 6 gallon bucket with metallized bag

MyChoice can = #2.5 size can  MH can = Mountain House #10 size can 

**DH=Dehydrated FD=Freeze-Dried**

Order more of each & Save

Dairy	Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
DH Butter Powder can <b>On Sale!</b>	4E1-FS-D100	40 oz.	<b>\$18.99</b>	\$0.47	6+	<b>\$18.59</b>	\$0.46
DH Butter Powder MyChoice can	4E1-FH-D200	9 oz.	<b>\$6.75</b>	\$0.75	6+	<b>\$6.45</b>	\$0.71
Butter, Red Feather 4" x 2" can	4E1-FS-D010	12 oz.	<b>\$7.95</b>	\$0.66	6+	<b>\$7.50</b>	\$0.63
Butter, Clarified 4" x 3" can	4E1-FS-D020	14 oz.	<b>\$9.50</b>	\$0.68	6+	<b>\$9.00</b>	\$0.64
DH Buttermilk Powder can	4E1-FS-D050	64 oz.	<b>\$18.95</b>	\$0.30	6+	<b>\$18.00</b>	\$0.28
Cheese, Bega 3 1/4" x 2 1/4" can	4E1-FS-D015	7.05 oz.	<b>\$3.95</b>	\$0.56	6+	<b>\$3.75</b>	\$0.53
DH Cheese Blend can	4E1-FS-D105	66 oz.	<b>\$21.95</b>	\$0.33	6+	<b>\$21.00</b>	\$0.32
DH Cheese Blend MyChoice can	4E1-FH-C350	17 oz.	<b>\$6.80</b>	\$0.40	6+	<b>\$6.50</b>	\$0.38
FD Cheese, Cheddar Shredded can	4E1-FN-C115	39 oz.	<b>\$40.95</b>	\$1.05	6+	<b>\$39.00</b>	\$1.00
FD Cheese, Colby Shredded can	4E1-FN-C117	32 oz.	<b>\$37.95</b>	\$1.19	6+	<b>\$36.00</b>	\$1.13
FD Cheese, Cottage MH can	4E1-FN-C300	17 oz.	<b>\$65.39</b>	\$3.85			
FD Cheese, Monterey Jack Shredded can	4E1-FN-C220	30 oz.	<b>\$37.95</b>	\$1.27	6+	<b>\$36.00</b>	\$1.20
FD Cheese, Mozzarella Shredded can	4E1-FN-C116	28 oz.	<b>\$37.95</b>	\$1.36	6+	<b>\$36.00</b>	\$1.29
FD Ice Cream Sandwiches can	4E1-FN-I150	14 sandwiches	<b>\$19.95</b>	\$1.43/sand.	6+	<b>\$19.00</b>	\$1.36/sand.
FD Ice Cream Bars, Neapolitan can	4E1-FN-I100	16 slices	<b>\$19.95</b>	\$1.25/slice	6+	<b>\$19.00</b>	\$1.19/slice
DH Milk, Instant Nonfat Fortified can	4E1-FE-M750	42 oz.	<b>\$15.95</b>	\$0.38	6+	<b>\$15.25</b>	\$0.36
DH Milk, Instant Nonfat Fortified MyChoice can	4E1-FH-D250	10 oz.	<b>\$4.65</b>	\$0.47	6+	<b>\$4.45</b>	\$0.45
DH Milk, Instant Nonfat Fortified SuperPail	4E1-FS-P750	21 lbs.	<b>\$99.95</b>	\$0.30	4+	<b>\$95.95</b>	\$0.29
DH Milk, Instant Nonfat can <b>On Sale!</b>	4E1-FE-M700	56 oz.	<b>\$15.49</b>	\$0.28	6+	<b>\$15.29</b>	\$0.27
DH Milk, Instant Nonfat MyChoice can <b>On Sale!</b>	4E1-FH-D300	14 oz.	<b>\$5.29</b>	\$0.38	6+	<b>\$5.09</b>	\$0.36
DH Milk, Instant Nonfat SuperPail <b>On Sale!</b>	4E1-FS-P520	29 lbs.	<b>\$117.99</b>	\$0.25	4+	<b>\$114.99</b>	\$0.25
DH Pudding, Instant Banana* can	4E1-FS-D320	68 oz.	<b>\$14.95</b>	\$0.22	6+	<b>\$14.25</b>	\$0.21
DH Pudding, Instant Chocolate can	4E1-FS-D300	68 oz.	<b>\$14.95</b>	\$0.22	6+	<b>\$14.25</b>	\$0.21
DH Pudding, Instant Vanilla* can	4E1-FS-D310	68 oz.	<b>\$14.95</b>	\$0.22	6+	<b>\$14.25</b>	\$0.21
DH Sour Cream Powder can	4E1-FS-D055	35 oz.	<b>\$23.95</b>	\$0.68	6+	<b>\$22.75</b>	\$0.65
<b>Lactose Free Drink Mixes</b>					<b>Qty</b>	<b>PRICE</b>	<b>\$/oz.</b>
DH Creamy Select™ Banana* can	4E1-FD-A530	65 oz.	<b>\$15.50</b>	\$0.24	6+	<b>\$14.75</b>	\$0.23
DH Creamy Select™ Chocolate can	4E1-FD-A510	65 oz.	<b>\$15.50</b>	\$0.24	6+	<b>\$14.75</b>	\$0.23
DH Creamy Select™ Strawberry* can	4E1-FD-A520	65 oz.	<b>\$15.50</b>	\$0.24	6+	<b>\$14.75</b>	\$0.23
DH Creamy Select™ Vanilla* can	4E1-FD-A500	65 oz.	<b>\$15.50</b>	\$0.24	6+	<b>\$14.75</b>	\$0.23

\*Artificially flavored. Refer to individual product packaging or visit our website for complete nutritional information.

†See Page 51 for additional information

OTHER PEOPLE HAVE HEARD WHAT TO SAY

...about Instant Nonfat Dry Milk

"I...was absolutely amazed how good [this milk] was. Identical to the store brands. I was so impressed that I went out and bought other powdered milk to do a comparison. They were as awful as I remembered as a child. I have since purchased many cases of the milk for long term storage and regular use. This is now one of the few items that I truly use and rotate regularly."

-Tom, West Virginia



**Instant Nonfat Dry Milk.**

**15.49** Buy 6+  
SALE! **15.29**  
4E1-FE-M700 EACH



**MyChoice can**

**5.29** Buy 6+  
SALE! **5.09**  
4E1-FH-D300 EACH



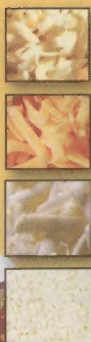
## Freeze-Dried Cheese Combo\*

**214<sup>95</sup>**

(Individual component pricing: \$223.70)

4E1-FN-C098

CONTENTS*	Qty.
Cheddar, Sharp	2
Colby Cheese	1
Monterey Jack	1
Mozzarella	2



## Creamy Select™ Combo.

- Lactose free
- High in Vitamins A & D
- 2 Vanilla, 2 Chocolate, 1 Banana, & 1 Strawberry

**79<sup>95</sup>**

4E1-FD-A725

## Cookin' with Powdered Milk Book.

70 pages of recipes by Peggy Layton.

**7<sup>95</sup>**

4E1-EB-F090



## Instant Nonfat Dry Fortified Milk.

**15<sup>95</sup>**

4E1-FE-M750

Buy 6+  
**15<sup>25</sup> EACH**



Provident Pantry® is the guaranteed highest quality for the lowest price per ounce.

See page 51 for details on our guarantee

\*Depending on availability, items in combos may vary. Any substitutions will be of equal or greater value.

## Mixer Pitcher.

Mixes instant milk and other drink mixes with ease. Two-quart capacity.

**8<sup>95</sup>**

4E1-FD-P100



## Super Supplies of Instant Milk.

18 #10 cans total - packed in 3 cases.

Super Supply of Instant Nonfat Dry Milk

**269<sup>99</sup> SALE!**

(\$359.10 value)  
4E1-FE-M710  
1,008 oz.  
32¢/oz.

**SPECIAL SALE**  
PRICE THIS MONTH



Super Supply of Instant Nonfat Dry Fortified Milk

**264<sup>95</sup>**

(\$287.10 value)  
4E1-FE-M760  
756 oz.  
35¢/oz.









# Desserts, Drinks & Eggs

DO YOU KNOW THE DIFFERENCE  
BETWEEN **FREEZE-DRIED** AND  
**DEHYDRATED** FOODS?

Find out on page 3

can = #10 size can  SuperPail = 6 gallon bucket with metallized bag   
MyChoice can = #2.5 size can  MH can = Mountain House #10 size can 

DH=Dehydrated FD=Freeze-Dried

Order more of each & Save

Desserts	Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
FD Blueberry Cheesecake MH can	4E1-FN-D510	12 1/2-cup servings	\$24.19	\$1.94			
DH Chocolate Fudge Brownie can	4E1-FS-G550	80 oz.	\$13.95	\$0.17	6+	\$13.25	\$0.17
FD Ice Cream Sandwiches can	4E1-FN-I150	14 sandwiches	\$19.95	\$1.43/sand.	6+	\$19.00	\$1.36/sand.
FD Ice Cream Slices, Neapolitan can	4E1-FN-I100	16 slices	\$19.95	\$1.25/slice	6+	\$19.00	\$1.19/slice
DH Pudding, Instant Banana <sup>*</sup> can	4E1-FS-D320	68 oz.	\$14.95	\$0.22	6+	\$14.25	\$0.21
DH Pudding, Instant Chocolate can	4E1-FS-D300	68 oz.	\$14.95	\$0.22	6+	\$14.25	\$0.21
DH Pudding, Instant Vanilla <sup>*</sup> can	4E1-FS-D310	68 oz.	\$14.95	\$0.22	6+	\$14.25	\$0.21
FD Raspberry Crumble MH can	4E1-FN-D500	12 1/2-cup servings	\$23.59	\$1.89			
Drinks	Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
DH Cocoa, Milk Chocolate Hot can <b>New low price</b>	4E1-FS-B500	67 oz.	\$21.95	\$0.33	6+	\$21.00	\$0.31
DH Cocoa, Milk Chocolate Hot MyChoice can <b>New low price</b>	4E1-FH-C300	22 oz.	\$7.25	\$0.33	6+	\$6.90	\$0.31
DH Cocoa, French Vanilla Hot can <b>New low price</b>	4E1-FS-B520	67 oz.	\$19.95	\$0.30	6+	\$19.00	\$0.28
DH Cocoa, French Vanilla Hot MyChoice can <b>New low price</b>	4E1-FH-C320	22 oz.	\$6.50	\$0.30	6+	\$6.25	\$0.28
DH Cocoa, Mint Truffle Hot can <b>New low price</b>	4E1-FS-B510	67 oz.	\$21.95	\$0.33	6+	\$21.00	\$0.31
DH Cocoa, Mint Truffle Hot MyChoice can <b>New low price</b>	4E1-FH-C310	22 oz.	\$7.25	\$0.33	6+	\$6.90	\$0.31
DH Cocoa, Raspberry Hot can <b>New low price</b>	4E1-FS-B530	67 oz.	\$19.95	\$0.30	6+	\$19.00	\$0.28
DH Cocoa, Raspberry Hot MyChoice can <b>New low price</b>	4E1-FH-C330	22 oz.	\$6.50	\$0.30	6+	\$6.25	\$0.28
DH Creamy Select <sup>™</sup> Banana <sup>*</sup> can	4E1-FD-A530	65 oz.	\$15.50	\$0.24	6+	\$14.75	\$0.23
DH Creamy Select <sup>™</sup> Chocolate can	4E1-FD-A510	65 oz.	\$15.50	\$0.24	6+	\$14.75	\$0.23
DH Creamy Select <sup>™</sup> Strawberry <sup>*</sup> can	4E1-FD-A520	65 oz.	\$15.50	\$0.24	6+	\$14.75	\$0.23
DH Creamy Select <sup>™</sup> Vanilla <sup>*</sup> can	4E1-FD-A500	65 oz.	\$15.50	\$0.24	6+	\$14.75	\$0.23
DH Drink Mix, Fortified Apple <sup>*</sup> can	4E1-FS-B110	85 oz.	\$16.95	\$0.20	6+	\$16.00	\$0.19
DH Drink Mix, Fortified Orange <sup>*</sup> can	4E1-FS-B120	85 oz.	\$16.95	\$0.20	6+	\$16.00	\$0.19
DH Drink Mix, Fortified Peach <sup>*</sup> can	4E1-FS-B100	85 oz.	\$16.95	\$0.20	6+	\$16.00	\$0.19
DH Milk, Instant Nonfat Fortified can	4E1-FE-M750	42 oz.	\$15.95	\$0.38	6+	\$15.25	\$0.36
DH Milk, Instant Nonfat Fortified MyChoice can	4E1-FH-D250	10 oz.	\$4.65	\$0.47	6+	\$4.45	\$0.45
DH Milk, Instant Nonfat Fortified SuperPail	4E1-FS-P750	21 lbs.	\$99.95	\$0.30	4+	\$95.95	\$0.29
DH Milk, Instant Nonfat can <b>On Sale!</b>	4E1-FE-M700	56 oz.	\$15.49	\$0.28	6+	\$15.29	\$0.27
DH Milk, Instant Nonfat MyChoice can <b>On Sale!</b>	4E1-FH-D300	14 oz.	\$5.29	\$0.38	6+	\$5.09	\$0.36
DH Milk, Instant Nonfat SuperPail <b>On Sale!</b>	4E1-FS-P520	29 lbs.	\$117.99	\$0.25	4+	\$114.99	\$0.25
Eggs	Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
FD Breakfast Skillet MH can	4E1-FN-E520	10 1-cup servings	\$33.99	\$3.40			
DH Egg Mix, Scrambled can	4E1-FS-D113	46 oz.	\$25.95	\$0.56	6+	\$24.75	\$0.54
DH Egg Mix, Scrambled MyChoice can	4E1-FH-E150	13 oz.	\$8.25	\$0.63	6+	\$7.85	\$0.60
FD Eggs, Scrambled w/ Bacon MH can	4E1-FN-E510	16 3/4-cup servings	\$31.89	\$1.91			
FD Eggs, Scrambled w/ Ham MH can	4E1-FN-E500	17 3/4-cup servings	\$34.99	\$1.98			
DH Egg Powder, Whole can <b>New low price</b>	4E1-FS-D120	40 oz.	\$19.50	\$0.49	6+	\$18.75	\$0.47
DH Egg Powder, Whole MyChoice can	4E1-FH-E200	10 oz.	\$5.90	\$0.59	6+	\$5.65	\$0.57
DH Egg White Powder can <b>New low price</b>	4E1-FS-D115	37 oz.	\$27.95	\$0.76	6+	\$26.75	\$0.72
DH Egg White Powder MyChoice can	4E1-FH-E250	10 oz.	\$8.80	\$0.88	6+	\$8.40	\$0.84

\*Artificially flavored. Refer to individual product packaging or visit our website for complete nutritional information.

<sup>†</sup>See Page S1 for additional information.

## MyChoice Hot Cocoa Combo.



**25<sup>95</sup>**  
4E1-FH-C100

CONTENTS <sup>*</sup>	Qty.
Milk Chocolate Hot Cocoa	1
Mint Truffle Hot Cocoa	1
Raspberry Hot Cocoa	1
French Vanilla Hot Cocoa	1

**SPECIAL  
SALE**  
PRICE THIS  
MONTH



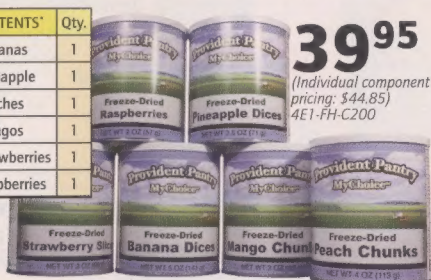
**Cookin' with Dried Eggs Book.**  
Create dozens of tasty meals using the dried eggs in your food storage. 37 pages by Peggy Layton.

**5<sup>99</sup>**  
**SALE!**  
4E1-EB-F085



## MyChoice Freeze-Dried Fruit Combo\*.

CONTENTS*	Qty.
Bananas	1
Pineapple	1
Peaches	1
Mangos	1
Strawberries	1
Raspberries	1



## Fruits



can = #10 size can SuperPail = 6 gallon bucket with metallized bag

MyChoice can = #2.5 size can MH can = Mountain House #10 size can

DH=Dehydrated FD=Freeze-Dried

Order more of each & Save

Fruit	Item Number	Net Weight†	PRICE	\$/oz.	Qty	PRICE	\$/oz.
DH Apple Chips, Cinnamon can	4E1-FS-F112	15 oz.	\$12.95	\$0.86	6+	\$12.25	\$0.82
DH Apple Chips, Strawberry Flavored can	4E1-FS-F135	16 oz.	\$13.95	\$0.87	6+	\$13.25	\$0.83
FD Apple Dices can	4E1-FN-A100	9 oz.	\$22.50	\$2.50	6+	\$21.50	\$2.39
DH Apple Pieces can	4E1-FS-F108	30 oz.	\$18.95	\$0.63	6+	\$18.00	\$0.60
DH Apple Slices can	4E1-FS-F110	18 oz.	\$12.95	\$0.72	6+	\$12.25	\$0.68
FD Apple Slices, Cinnamon can	4E1-FN-A105	10 oz.	\$16.95	\$1.70	6+	\$16.25	\$1.63
DH Applesauce can	4E1-FS-F105	30 oz.	\$18.95	\$0.63	6+	\$18.00	\$0.60
FD Apricot Dices can	4E1-FN-A200	10 oz.	\$26.95	\$2.70	6+	\$25.50	\$2.55
FD Banana Dices can	4E1-FN-B150	16 oz.	\$23.95	\$1.50	6+	\$22.75	\$1.42
FD Banana Dices MyChoice can	4E1-FH-F100	5 oz.	\$8.30	\$1.66	6+	\$7.90	\$1.58
DH Banana Slices can	4E1-FS-F115	32 oz.	\$9.95	\$0.31	6+	\$9.50	\$0.30
FD Banana Slices can	4E1-FN-B225	16 oz.	\$19.95	\$1.25	6+	\$19.00	\$1.19
FD Berry Blend, Triple can	4E1-FN-B230	10 oz.	\$24.95	\$2.50	6+	\$23.75	\$2.38
FD Blackberries, Marion can	4E1-FN-B105	10 oz.	\$25.50	\$2.55	6+	\$24.50	\$2.45
FD Blueberries, Whole can	4E1-FN-B120	10 oz.	\$27.50	\$2.75	6+	\$26.25	\$2.63
FD Cherries, Sweetened Tart can NEW!	4E1-FN-C110	20 oz.	\$38.95	\$1.95	6+	\$37.00	\$1.85
FD Cherries, Sweetened Tart MyChoice can NEW!	4E1-FH-C210	5 oz.	\$11.75	\$2.35	6+	\$11.25	\$2.25
FD Mango Chunks can	4E1-FN-M200	12 oz.	\$20.50	\$1.71	6+	\$19.50	\$1.63
FD Mango Chunks MyChoice can	4E1-FH-M220	3 oz.	\$7.40	\$2.47	6+	\$7.05	\$2.35
FD Orange can	4E1-FN-R105	6 oz.	\$27.95	\$4.66	6+	\$26.50	\$4.42
FD Peach Chunks MyChoice can	4E1-FH-F200	4 oz.	\$6.90	\$1.73	6+	\$6.60	\$1.65
FD Peach Dices can	4E1-FN-P220	8 oz.	\$24.95	\$3.12	6+	\$24.00	\$3.00
FD Peach Slices can	4E1-FN-P120	9 oz.	\$22.50	\$2.50	6+	\$21.50	\$2.39
FD Pineapple Dices can	4E1-FN-P125	10 oz.	\$23.95	\$2.40	6+	\$23.00	\$2.30
FD Pineapple Dices MyChoice can	4E1-FH-P200	2.5 oz.	\$7.40	\$2.96	6+	\$7.05	\$2.82
FD Raisins can	4E1-FN-R200	44 oz.	\$23.95	\$0.54	6+	\$22.75	\$0.52
FD Raspberries can	4E1-FN-R101	7 oz.	\$27.95	\$3.99	6+	\$26.75	\$3.82
FD Raspberries MyChoice can	4E1-FH-R200	2 oz.	\$8.20	\$4.10	6+	\$7.80	\$3.90
FD Strawberries, Whole can On Sale!	4E1-FN-S100	7 oz.	\$16.99	\$2.43	6+	\$16.49	\$2.36
FD Strawberry Slices can	4E1-FN-S120	7 oz.	\$20.95	\$2.99	6+	\$20.00	\$2.86
FD Strawberry Slices MyChoice can	4E1-FH-F300	2 oz.	\$6.65	\$3.33	6+	\$6.35	\$3.18

†See Page 51 for additional information.

CONTENTS*	Qty.
Apples	1
Cinn. Apples	2
Bananas	2
Berry Blend	1
Oranges	1
Blackberries	1
Peaches	2
Pineapple	2
Raspberries	1
Strawberries	3
Blueberries	1
Mangos	1



## Super Supply of Freeze-Dried Fruit Combo\*.

# 359.95

(Individual component pricing: \$407.85)  
4E1-FN-Y311

\*Depending on availability, items in combos may vary. Any substitutions will be of equal or greater value.



# Grains

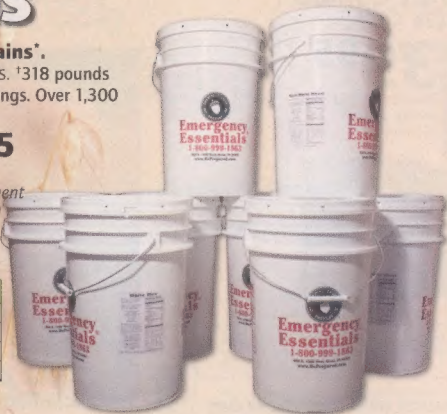
## Year Supply of Grains\*

Includes 8 SuperPails. \*318 pounds total / over 2,900 servings. Over 1,300 calories per day.

# 334<sup>95</sup>

(Individual component pricing \$375.60)  
4E1-FS-Y210

CONTENTS*	Qty.
Hard White Wheat	2
Hard Red Wheat	2
White Rice	2
Regular Rolled Oats	2



## Wheat Cookin' Made Easy Book.

Recipes for making bread, cereal, pasta and more using wheat. 298 pages by Pam Crockett.

# 18<sup>95</sup>

4E1-EB-W350



## The Amazing Wheat Book.

More than 200 pages of recipes and tips for using wheat by LeArt Moulton.

# 14<sup>95</sup>

4E1-EB-F020

can = #10 size can SuperPail = 6 gallon bucket with metallized bag   
MyChoice can = #2.5 size can MH can = Mountain House can

Order more of each & Save

Grains	Item Number	Net Weight†	PRICE	\$/oz.	Qty	PRICE	\$/oz.
ABC Soup Mix can	4E1-FS-C145	84 oz.	\$11.95	\$0.14	6+	\$11.25	\$0.13
ABC Soup Mix SuperPail	4E1-FS-P110	43 lbs.	\$81.95	\$0.12	4+	\$75.00	\$0.11
Barley, Pearled can	4E1-FS-G150	86 oz.	\$9.50	\$0.11	6+	\$9.00	\$0.10
Barley, Pearled SuperPail	4E1-FS-P360	44 lbs.	\$49.95	\$0.07	4+	\$43.00	\$0.06
Cornmeal, Yellow can	4E1-FS-G165	68 oz.	\$8.95	\$0.13	6+	\$8.50	\$0.13
Crackers, Pilot MH can	4E1-FN-A250	70 Crackers	\$20.29	\$0.29/cracker			
Flour, White can	4E1-FS-G205	63 oz.	\$7.95	\$0.13	6+	\$7.55	\$0.12
Flour, Whole Wheat can	4E1-FS-G206	63 oz.	\$7.95	\$0.13	6+	\$7.55	\$0.12
Oat Groats can <b>On Sale!</b>	4E1-FS-G147	82 oz.	\$7.49	\$0.09	6+	\$7.19	\$0.09
Oat Groats SuperPail	4E1-FS-P370	42 lbs.	\$53.95	\$0.08	4+	\$47.25	\$0.07
Popcorn, Yellow can <b>On Sale!</b>	4E1-FS-G185	85 oz.	\$8.99	\$0.11	6+	\$8.49	\$0.10
Popcorn, Yellow SuperPail	4E1-FS-P310	45 lbs.	\$59.95	\$0.08	4+	\$52.75	\$0.07
Rice, Premium Instant MH can	4E1-FN-R500	42 oz.	\$17.99	\$0.43			
Rice, White can	4E1-FS-G130	83 oz.	\$9.95	\$0.12	6+	\$9.50	\$0.11
Rice, White SuperPail	4E1-FS-P230	44 lbs.	\$57.95	\$0.08	4+	\$50.95	\$0.07
Spelt can	4E1-FS-G070	80 oz.	\$10.95	\$0.14	6+	\$10.25	\$0.13
Spelt SuperPail	4E1-FS-P070	41 lbs.	\$60.95	\$0.09	4+	\$54.50	\$0.08
Wheat, Hard Red can	4E1-FS-G010	88 oz.	\$8.25	\$0.09	6+	\$7.75	\$0.09
Wheat, Hard Red SuperPail	4E1-FS-P100	45 lbs.	\$46.95	\$0.07	4+	\$39.75	\$0.06
Wheat, Hard White can	4E1-FS-G020	88 oz.	\$8.25	\$0.09	6+	\$7.75	\$0.09
Wheat, Hard White SuperPail	4E1-FS-P380	45 lbs.	\$46.95	\$0.07	4+	\$39.75	\$0.06
Wheat, Soft can	4E1-FS-G030	88 oz.	\$8.25	\$0.09	6+	\$7.75	\$0.09
Wheat, Soft SuperPail	4E1-FS-P350	45 lbs.	\$46.95	\$0.07	4+	\$39.75	\$0.06

†See Page 51 for additional information.

## WHAT MAKES SUPERPAIS SO SUPER?

Provident Pantry® food products are placed in a metallized plastic bag with an oxygen absorber added and then sealed. The food is then placed in a heavy duty six gallon bucket and lid which secures the product. The result is a SuperPail!

Note: Storage temperature is important in preserving your stored food. Keep your food as cool and at a steady temperature.

Packaged in a sealed metallized, food grade plastic bag

Oxygen absorber enclosed to help keep food fresh





Hard White Wheat SuperPail	3
Hard Red Wheat SuperPail	1
White Rice SuperPail	2
Quick Oats SuperPail	1
Honey 5-Gallon Bucket	1
Black Beans	1
Kidney Beans	1
Lentils	1
Pinto Beans	2
Refried Beans	1
Small Red Beans	2
Small White Beans	2
Soy Beans	1
Split Green Peas	1
Yellow Popcorn	1
Iodized Salt	1
Shortening Powder	3
Instant Nonfat Milk	6
Garden Seeds	1

\*Depending on availability, items in combos may vary.  
Any substitutions will be of equal or greater value.

Year Supply of Basics.\* Grains, legumes, milk, honey, salt, oil and garden seeds. This supply for one person combines items in these categories.

**769<sup>99</sup>**  
**SALE!**  
(Individual component pricing: \$910.50)  
4E1-FS-Y310



**SPECIAL SALE**  
**PRICE THIS MONTH**

includes:  
24 - #10 cans,  
7 - SuperPails  
1 - 5-Gallon  
Bucket of Honey

# Legumes



We are confident that Provident Pantry® has the lowest price per ounce on your favorite freeze-dried and dehydrated food storage items.

Guarantee applies to retailer's advertised price, including shipping  
See "Our Guarantee" on page 51 for more details

can = #10 size can SuperPail = 6 gallon bucket with metallized bag

MyChoice can = #2.5 size can MH can = Mountain House can

Order more of each & Save

Legumes	Item Number	Net Weight†	PRICE	\$/oz.	Qty	PRICE	\$/oz.
Beans, Black can	4E1-FS-G124	81 oz.	<b>\$11.75</b>	\$0.15	6+	<b>\$11.25</b>	\$0.14
Beans, Black SuperPail	4E1-FS-P305	41 lbs.	<b>\$67.95</b>	\$0.10	4+	<b>\$61.50</b>	\$0.09
Beans, Kidney can	4E1-FS-G123	78 oz.	<b>\$12.25</b>	\$0.16	6+	<b>\$11.75</b>	\$0.15
Beans, Kidney SuperPail	4E1-FS-P160	40 lbs.	<b>\$72.95</b>	\$0.11	4+	<b>\$66.50</b>	\$0.10
Beans, Lentils can	4E1-FS-G220	86 oz.	<b>\$11.95</b>	\$0.14	6+	<b>\$11.50</b>	\$0.13
Beans, Lentils SuperPail	4E1-FS-P290	44 lbs.	<b>\$70.95</b>	\$0.10	4+	<b>\$64.00</b>	\$0.09
Beans, Pinto can	4E1-FS-G105	81 oz.	<b>\$11.50</b>	\$0.14	6+	<b>\$11.00</b>	\$0.14
Beans, Pinto SuperPail	4E1-FS-P210	41 lbs.	<b>\$67.95</b>	\$0.10	4+	<b>\$61.00</b>	\$0.09
Beans, Small Red can <b>On Sale!</b>	4E1-FS-G110	86 oz.	<b>\$11.99</b>	\$0.14	6+	<b>\$11.49</b>	\$0.13
Beans, Small Red SuperPail	4E1-FS-P240	44 lbs.	<b>\$84.50</b>	\$0.12	4+	<b>\$77.50</b>	\$0.11
Beans, Small White can	4E1-FS-G115	86 oz.	<b>\$12.95</b>	\$0.15	6+	<b>\$12.50</b>	\$0.15
Beans, Small White SuperPail	4E1-FS-P250	44 lbs.	<b>\$75.50</b>	\$0.11	4+	<b>\$68.50</b>	\$0.10
Beans, Organic Soy can <b>On Sale!</b>	4E1-FS-G121	84 oz.	<b>\$9.99</b>	\$0.12	6+	<b>\$9.49</b>	\$0.11
Peanut Butter Powder can	4E1-FS-D140	44 oz.	<b>\$16.75</b>	\$0.38	6+	<b>\$15.95</b>	\$0.36
Peanut Butter Powder MyChoice can	4E1-FH-P100	12 oz.	<b>\$6.25</b>	\$0.52	6+	<b>\$5.95</b>	\$0.50
Peas, Split Green can	4E1-FS-V180	82 oz.	<b>\$10.50</b>	\$0.13	6+	<b>\$10.00</b>	\$0.12
Peas, Split Green SuperPail	4E1-FS-P190	45 lbs.	<b>\$61.95</b>	\$0.09	4+	<b>\$54.75</b>	\$0.08
Refried Beans can	4E1-FS-G102	40 oz.	<b>\$11.50</b>	\$0.29	6+	<b>\$11.00</b>	\$0.28

†See Page 51 for additional information.

Small Red Beans  
4E1-FS-G110

**11<sup>99</sup>**  
**SALE!**  
Buy 6+  
**11<sup>49</sup>**  
EACH



**Cookin' with Beans & Rice Book.**  
Beans and rice are great for storage. Includes useful recipes for using these staples. 155 pages by Peggy Layton.

**12<sup>95</sup>**  
4E1-EB-F080





**Year Supply of Grains & Legumes.** Having wheat, rice, beans and oats is a great start to creating the foundation to your custom year supply. This supply is designed to provide more than the minimum recommended storage amounts of both grains and legumes for one person for a year.\* Includes 318 pounds of grains and 182 pounds of legumes / Over 3,900 servings. About 1,600 calories per day. Packed in SuperPails.



CONTENTS	
Hard White Wheat	2
Hard Red Wheat	2
White Rice	2
Regular Rolled Oats	2
Pinto Beans	1
Black Beans	1

**449<sup>95</sup>**  
(Individual component pricing: \$505.50)  
4E1-FS-Y100



# Just Add Water Meals & Desserts

can = #10 size can  SuperPail = 6 gallon bucket with metallized bag 

MyChoice can = #2.5 size can  MH can = Mountain House can 

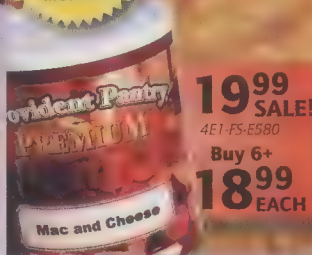
Order more of each & Save

Breakfast Entrées	Item Number	Net Weight¹	PRICE	\$/serving	Qty	PRICE	\$/serving
<b>FD Breakfast Skillet</b> MH can	4E1-FN-E520	10 1-cup servings	<b>\$33.99</b>	\$3.40			
<b>FD Eggs, Scrambled w/ Bacon</b> MH can	4E1-FN-E510	16 ¾-cup servings	<b>\$31.89</b>	\$1.99			
<b>FD Eggs, Scrambled w/ Ham</b> MH can	4E1-FN-E500	17 ¾-cup servings	<b>\$34.99</b>	\$2.06			
<b>Granola w/ Milk and Blueberries</b> can	4E1-FS-E570	21 ½-cup servings	<b>\$29.95</b>	\$1.39	6+	<b>\$28.50</b>	\$1.33
<b>Granola w/ Blueberries &amp; Milk</b> MH can	4E1-FN-G500	20 ¼-cup servings	<b>\$38.29</b>	\$1.91			
Desserts	Item Number	Net Weight¹	PRICE	\$/serving	Qty	PRICE	\$/serving
<b>Blueberry Cheesecake</b> MH can	4E1-FN-D510	12 ½-cup servings	<b>\$24.19</b>	\$2.02			
<b>Raspberry Crumble</b> MH can	4E1-FN-D500	12 ½-cup servings	<b>\$23.59</b>	\$1.97			
Miscellaneous Entrées	Item Number	Net Weight¹	PRICE	\$/serving	Qty	PRICE	\$/serving
<b>Beef, Creamed</b> MH can	4E1-FN-B210	50 ½-cup servings	<b>\$43.99</b>	\$0.88			
Pasta Entrées	Item Number	Net Weight¹	PRICE	\$/serving	Qty	PRICE	\$/serving
<b>FD Beef Stroganoff</b> MH can	4E1-FN-B500	10 1-cup servings	<b>\$26.99</b>	\$2.70			
<b>Cheesy Macaroni &amp; Beef Patty Crumbles</b> can	4E1-FS-E550	24 ½-cup servings	<b>\$41.95</b>	\$1.75	6+	<b>\$40.00</b>	\$1.67
<b>FD Chicken A La King</b> MH can	4E1-FN-C510	11 1-cup servings	<b>\$35.99</b>	\$3.27			
<b>FD Chili Mac</b> MH can	4E1-FN-B560	10 1-cup servings	<b>\$25.49</b>	\$2.55			
<b>Creamy Pasta &amp; Beef with Sauce</b> can	4E1-FS-E540	14 ¾-cup servings	<b>\$29.95</b>	\$2.14	6+	<b>\$28.50</b>	\$2.04
<b>Fettuccine Alfredo</b> can	4E1-FS-E510	17 ¾-cup servings	<b>\$25.95</b>	\$1.53	6+	<b>\$24.50</b>	\$1.44
<b>Fettuccine Alfredo with Chicken</b> can	4E1-FS-E520	17 ¾-cup servings	<b>\$28.95</b>	\$1.70	6+	<b>\$27.50</b>	\$1.62
<b>FD Lasagna with Meat Sauce</b> MH can	4E1-FN-B550	10 1-cup servings	<b>\$34.49</b>	\$3.45			
<b>Mac &amp; Cheese</b> can <b>On Sale!</b>	4E1-FS-E580	18 1-cup servings	<b>\$19.99</b>	\$1.08	6+	<b>\$18.99</b>	\$1.03
<b>FD Macaroni &amp; Cheese</b> MH can	4E1-FN-C560	8 1-cup servings	<b>\$28.99</b>	\$3.62			
<b>FD Noodles and Chicken</b> MH can	4E1-FN-C530	12 1-cup servings	<b>\$31.79</b>	\$2.65			
<b>FD Pasta Primavera</b> MH can	4E1-FN-V500	9 1-cup servings	<b>\$31.99</b>	\$3.55			
<b>Pasta w/ Alfredo Sauce</b> can	4E1-FS-E590	18 1-cup servings	<b>\$25.95</b>	\$1.44	6+	<b>\$24.75</b>	\$1.38
<b>Rotini with Beef</b> can	4E1-FS-E530	20 ½-cup servings	<b>\$29.95</b>	\$1.50	6+	<b>\$28.50</b>	\$1.43
<b>Spiral Pasta Primavera</b> can	4E1-FS-E610	18 1-cup servings	<b>\$27.50</b>	\$1.49	6+	<b>\$26.00</b>	\$1.41
<b>FD Spaghetti with Meat Sauce</b> MH can	4E1-FN-B540	10 1-cup servings	<b>\$23.99</b>	\$2.40			
<b>FD Stroganoff &amp; Noodles</b> can <b>On Sale!</b>	4E1-FS-E600	13 1-cup servings	<b>\$24.99</b>	\$1.85	6+	<b>\$23.99</b>	\$1.78
<b>FD Turkey Tetrazzini</b> MH can	4E1-FN-T500	10 1-cup servings	<b>\$36.99</b>	\$3.70			
Rice Entrées	Item Number	Net Weight¹	PRICE	\$/serving	Qty	PRICE	\$/serving
<b>FD Chicken Teriyaki</b> MH can	4E1-FN-C520	9 1-cup servings	<b>\$29.99</b>	\$3.33			
<b>FD Pilaf, Long Grain &amp; Wild Rice</b> MH can	4E1-FN-V510	10 1-cup servings	<b>\$30.49</b>	\$3.05			
<b>FD Rice and Chicken</b> MH can	4E1-FN-C500	8 1-cup servings	<b>\$22.99</b>	\$2.87			
<b>FD Rice and Chicken, Mexican Style</b> MH can <b>NEW!</b>	4E1-FN-C570	10 1-cup servings	<b>\$37.49</b>	\$3.75			
<b>FD Sweet and Sour Pork</b> MH can	4E1-FN-P500	10 1-cup servings	<b>\$38.79</b>	\$3.88			
Soups and Stews	Item Number	Net Weight¹	PRICE	\$/serving	Qty	PRICE	\$/serving
<b>FD Beef Stew</b> MH can	4E1-FN-B510	10 1-cup servings	<b>\$33.49</b>	\$3.35			
<b>FD Chicken Stew</b> MH can	4E1-FN-C540	10 1-cup servings	<b>\$35.99</b>	\$3.60			
<b>Potato Soup, Creamy</b> can	4E1-FS-V172	20 ½-cup servings	<b>\$21.95</b>	\$1.10	6+	<b>\$21.00</b>	\$1.05
<b>Potato Soup, Creamy</b> MyChoice can <b>NEW!</b>	4E1-FH-S170	7 ½-cup servings	<b>\$8.50</b>	\$1.21	6+	<b>\$8.10</b>	\$1.16
<b>FD Seafood Chowder</b> MH can	4E1-FN-S500	10 1 ¼-cup servings	<b>\$38.49</b>	\$3.85			
<b>FD Vegetable Stew with Beef</b> MH can	4E1-FN-B530	9 1-cup servings	<b>\$28.99</b>	\$3.22			

**SPECIAL  
SALE**  
PRICE THIS  
MONTH



**SPECIAL  
SALE**  
PRICE THIS  
MONTH





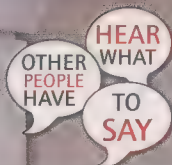


**25 Year Shelf-Life\***

**Just add hot water  
and wait 10 minutes**

**Rich Gourmet Taste**

\*BePrepared.com/Shelflife



**...about  
Mountain  
House**

My wife and I were camping, and the temperature went way below what was predicted (9 degrees). At dinnertime, we fixed up a batch of Beef Stew and it turned our whole night around! It warmed us up, and was very delicious! I credit the meal with the night being much better than it would have been without it! I won't leave home without Mountain House in the Jeep!!!!  
-Nicholas, Arizona



Granola with Blueberries & Milk



**One Month Supply of Just-Add-Water Entrées\***

**144<sup>95</sup>**  
4E1-FS-E800

CONTENTS	Qty.
Stroganoff & Noodles	1
Mac and Cheese	1
Spiral Pasta Primavera	1
Pasta Alfredo	1
Fettuccine Alfredo with Chicken	1
Granola with Milk and Blueberries	1

**Breakfast Combo\***

CONTENTS	Qty.
MH Eggs w/ Ham	1
MH Eggs w/ Bacon	1
Granola	1
FD Strawberries	1
Fortified Milk	1
Orange Drink	1

**114<sup>95</sup>**  
(Individual component pricing: \$134.98)  
4E1-FN-E310



**Freeze-Dried Poultry Entrées  
and Vegetable Sides Combo\***

**129<sup>95</sup>**  
4E1-FN-E300

CONTENTS	Qty.
MH Chicken A La King	1
MH Chicken Teriyaki	1
MH Noodles & Chicken	1
MH Rice & Chicken	1
FD Green Beans	1
FD Broccoli	1



**Freeze-Dried Beef Entrées  
and Vegetable Sides Combo\***

CONTENTS	Qty.
MH Beef Stroganoff	1
MH Chili Mac	1
MH Spaghetti w/ Meat	1
MH Beef Stew	1
FD Sweet Corn	1
FD Broccoli	1

**124<sup>95</sup>**  
4E1-FN-E320



**Beef and Chicken  
Entrée Combo\***

**124<sup>99</sup> SALE!**  
4E1-FN-E311

CONTENTS	Qty.
Fettuccine Alfredo w/ Chicken	1
MH Chili Mac	1
MH Rice & Chicken	1
MH Chicken A La King	1
MH Beef Stroganoff	1
Rotini w/ Beef	1

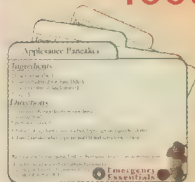


\*Depending on availability, some items in these supplies may require substitutions. Any substitutions will be of equal or greater value.



# Meat & Meat Substitutes

Get the most out of your food storage!



Visit  
**BePrepared.com/Recipes**

For hundreds of recipes and ideas  
for using your food storage

Serving  
Suggestions  
**Freeze-Dried  
Meat Combo\***



CONTENTS	Qty
Beef, Ground	1
Beef, Roast	1
Chicken, White	1
Ham, Diced	1
Sausage Crumbles	1
Turkey, White	1

**249<sup>95</sup>**

(Individual component  
pricing: \$277.70)  
4E1-FN-Q099



Can = #10 size can SuperPail = 6 gallon bucket with metallized bag

MyChoice can = #2.5 size can MH Can = Mountain House can

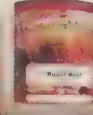
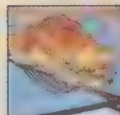
**Legend : DH=Dehydrated FD=Freeze-Dried**

Order more of each & Save

Meat	Item Number	Net Weight†	PRICE	\$/oz.	Qty	PRICE	\$/oz.
<b>Bacon, Yoders 9 oz. can</b>	4E1-FS-B050	50 slices	<b>\$14.50</b>	\$0.29/slice	<b>12+</b>	<b>\$14.00</b>	\$0.28/slice
<b>Beef, Creamed MH can</b>	4E1-FN-B210	50 1/2-cup servings	<b>\$43.99</b>	\$0.88			
<b>FD Beef, Ground can</b>	4E1-FN-B200	20 oz.	<b>\$47.95</b>	\$2.40	<b>6+</b>	<b>\$45.50</b>	\$2.28
<b>FD Beef, Roast can</b>	4E1-FN-B115	25 oz.	<b>\$49.95</b>	\$2.00	<b>6+</b>	<b>\$48.00</b>	\$1.92
<b>FD Chicken Breast Strips can NEW! On Sale!</b>	4E1-FN-C125	16 oz.	<b>\$28.99</b>	\$1.81	<b>6+</b>	<b>\$28.49</b>	\$1.78
<b>FD Ham, Diced can</b>	4E1-FN-H100	23 oz.	<b>\$51.95</b>	\$2.26	<b>6+</b>	<b>\$49.00</b>	\$2.13
<b>FD Meatballs, Italian can</b>	4E1-FN-M005	29 oz.	<b>\$44.95</b>	\$1.55	<b>6+</b>	<b>\$43.00</b>	\$1.48
<b>FD Sausage Crumbles can</b>	4E1-FN-S250	34 oz.	<b>\$39.95</b>	\$1.18	<b>6+</b>	<b>\$38.00</b>	\$1.12
<b>FD Turkey, Seasoned White can</b>	4E1-FN-T105	18 oz.	<b>\$44.95</b>	\$2.50	<b>6+</b>	<b>\$43.00</b>	\$2.39
Textured Vegetable Protein	Item Number	Net Weight†	PRICE	\$/oz.	Qty	PRICE	\$/oz.
<b>DH Bacon Imitation Flavored Bits can</b>	4E1-FS-M100	41 oz.	<b>\$9.95</b>	\$0.24	<b>6+</b>	<b>\$9.50</b>	\$0.23
<b>DH Bacon Imitation Flavored Bits MyChoice can NEW!</b>	4E1-FH-T200	13 oz.	<b>\$4.65</b>	\$0.36	<b>6+</b>	<b>\$4.45</b>	\$0.34
<b>DH Beef Imitation Flavored Bits can</b>	4E1-FS-M105	41 oz.	<b>\$10.50</b>	\$0.26	<b>6+</b>	<b>\$10.00</b>	\$0.24
<b>DH Chicken Imitation Flavored Bits can</b>	4E1-FS-M110	36 oz.	<b>\$9.75</b>	\$0.27	<b>6+</b>	<b>\$9.25</b>	\$0.26
<b>DH Ham Imitation Flavored Bits can</b>	4E1-FS-M107	47 oz.	<b>\$12.50</b>	\$0.27	<b>6+</b>	<b>\$12.00</b>	\$0.26
<b>DH Sausage Imitation Flavored Bits can</b>	4E1-FS-M125	38 oz.	<b>\$10.50</b>	\$0.28	<b>6+</b>	<b>\$10.00</b>	\$0.26
<b>DH Taco Mix can</b>	4E1-FS-M120	59 oz.	<b>\$14.50</b>	\$0.25	<b>6+</b>	<b>\$13.75</b>	\$0.23

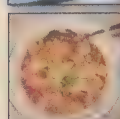
†See Page 51 for additional information.

Serving Suggestions



**Super Supply of Freeze-Dried Real Meat\***

Meat allows you to create a whole new range of  
recipes right from your food storage.



CONTENTS	Qty
Beef, Ground	2
Beef, Roast	2
Chicken, White	3
Ham, Diced	1
Meatballs, Italian	1
Sausage Crumbles	1
Turkey, White	2

**484<sup>95</sup>**

(Individual component  
pricing: \$551.40)  
4E1-FN-Y200

\*Depending on availability, some items in these supplies may require substitutions. Any substitutions will be of equal or greater value.



# Gourmet Mixes & Pastas

## LEARN TO ROTATE YOUR STORAGE

Rotation is key to a successful food storage program. Several reasons make rotation an important habit in maintaining your preparedness.

- To minimize the loss of nutritional value and food quality
- To make the most of your food storage investment
- To learn how to use your stored food so when the time comes you'll be even better prepared to use it. Enjoy the food you've stored while it tastes best. Then replace those foods as you use them

10 lb size can      Super Pantry = 6 gallon bucket with metallized bag  
 My Choice can = #2.5 size can      Mt. Can = Mountain House can

Legend: **DH**=Dehydrated

Order more of each & Save

Gourmet Mixes	Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
DH Biscuit Mix, Buttermilk can	4E1-FS-C250	51 oz.	\$11.50	\$0.23	6+	\$11.00	\$0.22
DH Bread and Roll Mix, Honey White can	4E1-FS-G610	68 oz.	\$12.50	\$0.18	6+	\$12.00	\$0.18
DH Bread and Roll Mix, Honey Wheat can	4E1-FS-G615	68 oz.	\$12.50	\$0.18	6+	\$12.00	\$0.18
DH Brownie, Chocolate Fudge can	4E1-FS-G550	80 oz.	\$13.95	\$0.17	6+	\$13.25	\$0.17
DH Cornbread & Muffin Mix, Honey can	4E1-FS-C225	72 oz.	\$13.95	\$0.19	6+	\$13.25	\$0.18
DH Muffin Mix, Almond Poppyseed* can	4E1-FS-C235	72 oz.	\$14.95	\$0.21	6+	\$14.25	\$0.20
DH Muffin Mix, Apple Cinnamon* can	4E1-FS-C220	72 oz.	\$14.95	\$0.21	6+	\$14.25	\$0.20
DH Muffin Mix, Blueberry* can	4E1-FS-C230	72 oz.	\$13.95	\$0.19	6+	\$13.25	\$0.18
DH Muffin Mix, Chocolate Chocolate Chip can	4E1-FS-C215	63 oz.	\$14.95	\$0.24	6+	\$14.25	\$0.23
DH Muffin Mix, Raspberry* can	4E1-FS-C232	72 oz.	\$14.95	\$0.21	6+	\$14.25	\$0.20
DH Pancake Mix, 6 Grain can	4E1-FS-C245	63 oz.	\$10.95	\$0.17	6+	\$10.50	\$0.17
DH Pancake Mix, Blueberry* can	4E1-FS-C243	63 oz.	\$12.50	\$0.20	6+	\$12.00	\$0.19
DH Pancake Mix, Buttermilk can	4E1-FS-C240	63 oz.	\$9.95	\$0.16	6+	\$9.50	\$0.15
DH Pancake Mix, Apple Cinnamon* can	4E1-FS-C241	63 oz.	\$12.95	\$0.21	6+	\$12.25	\$0.19
DH Scone Mix can	4E1-FS-G600	68 oz.	\$12.50	\$0.18	6+	\$12.00	\$0.18
Pasta	Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
DH Egg Noodle can	4E1-FS-G215	22 oz.	\$6.50	\$0.30	6+	\$6.25	\$0.28
DH Elbow Macaroni can	4E1-FS-G155	45 oz.	\$8.75	\$0.19	6+	\$8.25	\$0.18
DH Spaghetti Noodles can	4E1-FS-G160	51 oz.	\$9.50	\$0.19	6+	\$9.00	\$0.18

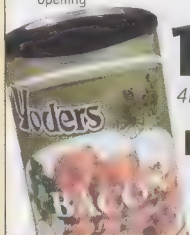
\*Artificially flavored. Refer to individual product packaging or visit our website for complete nutritional information.

<sup>†</sup>See Page 51 for additional information.

### Yoders Bacon 9 oz. Can

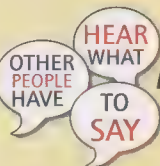
Have delicious bacon that is fully cooked, drained, and ready to eat.

- 100% USDA bacon, heat pasteurized in a sealed can
- Packed in the U.S. 2-year shelf-life guarantee from manufacturer up to a 10 year shelf-life
- Approx. 50 slices, no refrigeration before opening



**14<sup>50</sup>**  
4E1-FS-B050

Buy 12+  
**14<sup>00</sup>**  
EACH



"These bits are really tasty, just like bacon. I have tried other bacon bits vegetable protein, and these are by far the best I have found. My kids like them so much one can usually only lasts about 2 weeks!"

-Larry, North Carolina

...about

**Bacon Bits Textured Vegetable Protein**

**4<sup>65</sup>**  
4E1-FH-T200

Buy 6+  
**4<sup>45</sup>**  
EACH

**NEW!**





# Vegetables

Legend : DH=Dehydrated FD=Freeze-Dried

Order more of each & Save

Vegetables	Item Number	Net Weight <sup>†</sup>	PRICE	\$/oz.	Qty	PRICE	\$/oz.
FD Asparagus Pieces <i>can</i>	4E1-FN-A150	5 oz.	\$24.95	\$4.99	6+	\$23.75	\$4.75
FD Beans, Green <i>can</i>	4E1-FN-B110	5 oz.	\$14.95	\$2.99	6+	\$14.25	\$2.85
DH Broccoli, Diced <i>can</i>	4E1-FS-V100	19 oz.	\$18.95	\$1.00	6+	\$18.00	\$0.95
FD Broccoli <i>can</i>	4E1-FN-B100	5 oz.	\$17.50	\$3.50	6+	\$16.75	\$3.35
DH Carrot Dices <i>can</i>	4E1-FS-V110	41 oz.	\$11.50	\$0.28	6+	\$11.00	\$0.27
FD Cauliflower <i>can</i>	4E1-FN-C105	4 oz.	\$14.95	\$3.74	6+	\$14.25	\$3.56
FD Celery Dices <i>can</i>	4E1-FN-P108	8 oz.	\$19.50	\$2.24	6+	\$18.75	\$2.34
FD Corn, Sweet <i>can</i>	4E1-FN-C100	16 oz.	\$15.95	\$1.00	6+	\$15.25	\$0.95
FD Corn, Sweet <i>MyChoice can</i>	4E1-FH-C150	4 oz.	\$5.10	\$1.28	6+	\$4.85	\$1.21
DH Hash Brown Potatoes, Evriday 6 lb. bag	4E1-FB-P105	96 oz.	\$24.50	\$0.26	6+	\$23.50	\$0.24
DH Hash Brown Potatoes, Shredded <i>can</i>	4E1-FS-V152	31 oz.	\$9.95	\$0.32	6+	\$9.50	\$0.31
FD Mushroom Slices <i>can</i> <b>New low price</b>	4E1-FN-M100	4 oz.	\$15.50	\$3.88	6+	\$14.75	\$3.69
DH Onions, Chopped <i>can</i> <b>GROUP SPECIAL</b>	4E1-FS-V125	30 oz.	\$10.95	\$0.37	12+	\$8.00	\$0.27
DH Onions, Chopped <i>MyChoice can</i>	4E1-FH-O100	10 oz.	\$4.10	\$0.41	6+	\$3.90	\$0.39
FD Onion Flakes <i>can</i>	4E1-FN-O100	7 oz.	\$16.50	\$2.36	6+	\$15.75	\$2.25
DH Pea and Carrot Blend <i>can</i> <b>Limited Quantities</b>	4E1-FS-V163	44 oz.	\$16.95	\$0.39	6+	\$16.25	\$0.37
FD Peas, Green <i>can</i>	4E1-FN-P130	18 oz.	\$16.95	\$0.94	6+	\$16.00	\$0.89
FD Pepper Dices, Green Bell <i>can</i>	4E1-FN-P106	4 oz.	\$15.95	\$3.99	6+	\$15.25	\$3.81
DH Pepper Dices, Green Bell <i>can</i>	4E1-FS-V106	21 oz.	\$14.95	\$0.71	6+	\$14.25	\$0.68
DH Potato, Complete Instant Mashed <i>can</i>	4E1-FS-V145	59 oz.	\$11.95	\$0.20	6+	\$11.25	\$0.19
FD Potato Dices <i>can</i>	4E1-FN-P175	14 oz.	\$16.95	\$1.21	6+	\$16.00	\$1.14
DH Potato Dices <i>can</i>	4E1-FS-V135	36 oz.	\$8.95	\$0.25	6+	\$8.50	\$0.24
DH Potato Slices <i>can</i>	4E1-FS-V155	18 oz.	\$6.95	\$0.39	6+	\$6.50	\$0.36
DH Potato Flakes <i>can</i>	4E1-FS-V140	19 oz.	\$5.95	\$0.31	6+	\$5.50	\$0.29
Seeds, Garden Heirloom Seeds Combo Box <b>On Sale!</b>	4E1-FG-S011	10 packets	\$18.99				
Seeds, Garden <i>can</i>	4E1-FG-S200	16 packets	\$43.95		6+	\$41.75	
FD Spinach, Chopped <i>can</i> <b>GROUP SPECIAL</b>	4E1-FN-S150	6 oz.	\$13.95	\$2.33	12+	\$9.00	\$1.50
FD Tomatoes <i>can</i> <b>GROUP SPECIAL</b>	4E1-FN-T180	5 oz.	\$43.95	\$8.00	12+	\$15.00	\$3.00
DH Tomato Powder <i>can</i>	4E1-FS-V160	68 oz.	\$30.95	\$0.46	6+	\$29.50	\$0.43
DH Tomato Powder <i>MyChoice can</i>	4E1-FH-T100	17 oz.	\$7.85	\$0.46	6+	\$7.50	\$0.44
DH Vegetables for Stew <i>can</i>	4E1-FS-V165	30 oz.	\$15.95	\$0.53	6+	\$15.25	\$0.51
FD Zucchini <i>can</i>	4E1-FN-Z100	3 oz.	\$15.50	\$5.17	6+	\$14.75	\$4.92

<sup>†</sup>See Page 51 for additional

## Heirloom Seeds Combo\*

**18.99**  
SALE!  
4E1-FG-S011

Beans
Carrots
Corn
Cucumber
Lettuce
Onions
Peas
Peppers, Sweet
Tomatoes
Zucchini

## Veggie Combo\*

Six #10 cans.

**84.95**

(Individual component  
pricing: \$99.25)  
4E1-FS-C430

CONTENTS	
Tomato Powder	1
Onions	1
Hash Brown	1
Broccoli	1
Vegetables for Stew	1
Pea & Carrot Blend	1

**SPECIAL SALE**  
PRICE THIS MONTH

**CANNED GARDEN SEEDS**  
16 NON HYBRID HERMETICALLY SEALED ZIPLOCKED PACKETS

## Garden Seeds\*

- Grows a garden the size of 2 basketball courts
- Hermetically sealed and packaged for long-term storage, for results store unopened in a refrigerator or freezer

**43.95** Buy 6+  
4E1-FG-S200 **41.75**

CONTENTS
Beans
Beets
Cabbage
Carrots
Corn
Cucumber
Lettuce
Onions
Peas
Peppers
Radishes
Spinach
Squash
Swiss Chard
Tomatoes
Zucchini

## Cookin' with Home Storage Book.

More than 550 food storage recipes and ideas for cooking with dehydrated foods. 267 pages by Peggy Layton.

**12.95**  
(\$14.95 value)  
4E1-EB-F065

## Cookin' With Potatoes Book.

Tips, recipes, and ideas for using fresh and dry potatoes. 108 pages by Peggy Layton.

**12.95**  
4E1-EB-F060



**Deluxe Supply of Freeze-Dried Vegetables\***. Freeze-dried vegetables rehydrate quickly and taste similar to frozen, making them a snap for use in recipes or as side dishes. 18 #10 cans.

**249<sup>95</sup>**

(Individual component pricing: \$274.30)  
4E1-FN-Y151

## Vegetable Combos



CONTENTS	
FD Broccoli	2
FD Cauliflower	1
FD Sweet Corn	3
FD Green Beans	3
FD Green Peppers	1
FD Green Peas	3
FD Mushrooms	1
FD Potato Dices	2
FD Spinach	1
FD White Onions	1

### Freeze-Dried Variety Vegetable Combo\*

Six #10 cans.

**89<sup>95</sup>**

(Individual component pricing: \$99.80)  
4E1-FN-C960



CONTENTS	
FD Asparagus	1
FD Celery Pieces	1
FD Sweet Corn	1
FD White Onions	1
FD Green Peas	1
FD Spinach	1

### Freeze-Dried Vegetable Combo\*

Six #10 cans.

**82<sup>95</sup>**

(Individual component pricing: \$90.80)  
4E1-FN-C950



CONTENTS	
FD Green Beans	1
FD Broccoli	1
FD Sweet Corn	1
FD White Onions	1
FD Green Peas	1
FD Green Peppers	1

## Provident Pantry Combos



### 12-Can Baking Combo.

**126<sup>95</sup>**

(Individual component pricing: \$144.75)  
4E1-FS-C400

CONTENTS*	Qty.
Whole Wheat Flour	2
White Flour	2
Iodized Salt	1
Baking Powder	1
White Sugar	1
Brown Sugar	1
Shortening Powder	1
Margarine Powder	1
Whole Egg Powder	1
Milk	1

### Mexican Food Combo.

**64<sup>95</sup>**

(Individual component pricing: \$72.75)  
4E1-FS-C450

CONTENTS*	Qty.
Taco Mix	1
White Rice	1
Refried Beans	1
FD Sweet Corn	1
Black Beans	1
Chopped Onions	1



### Stir-Fry Combo.

**99<sup>95</sup>**

(Individual component pricing: \$115.35)  
4E1-FS-C475

CONTENTS*	Qty.
FD Asian Chicken	1
White Rice	1
FD Mushrooms	1
FD White Onions	1
Carrot Dices	1
FD Broccoli	1



Recipe online at [BePrepared.com/StirFry](http://BePrepared.com/StirFry)



# Provident Pantry MyChoice™ Line



Our popular Provident Pantry® Premium™ and Traditional™ foods are now available in a convenient cupboard sized can. Although it is designed for long term storage the MyChoice™ line is ideal for sampling, rotating or for daily cooking.

- Less storage space but still a long storage life
- Cupboard sized for daily use (4 1/16" wide by 4 11/16" high)
- Great for a snack on the road, a picnic at the park, sampling a new food product or keep in the pantry or cupboard for regular use
- Easy pop-top lid, no can opener needed



See [BePrepared.com/MyChoice](http://BePrepared.com/MyChoice) for more information.



Order more of each & Save

MyChoice™	Item Number	Net Weight¹	PRICE	\$/oz.	Qty	PRICE	\$/oz.
DH Bacon Imitation Flavored Bits <b>NEW!</b>	4E1-FH-T200	13 oz.	<b>\$4.65</b>	\$0.36	6+	<b>\$4.45</b>	\$0.34
DH Baking Powder	4E1-FH-B025	26 oz.	<b>\$6.15</b>	\$0.24	6+	<b>\$5.85</b>	\$0.23
DH Baking Soda	4E1-FH-B020	32 oz.	<b>\$4.10</b>	\$0.13	6+	<b>\$3.90</b>	\$0.12
FD Banana Dices	4E1-FH-F100	5 oz.	<b>\$8.30</b>	\$1.66	6+	<b>\$7.90</b>	\$1.58
DH Broth, Beef (Vegetarian)	4E1-FH-B051	19 oz.	<b>\$5.85</b>	\$0.31	6+	<b>\$5.60</b>	\$0.29
DH Broth, Chicken (Vegetarian)	4E1-FH-B052	19 oz.	<b>\$5.85</b>	\$0.31	6+	<b>\$5.60</b>	\$0.29
DH Butter Powder	4E1-FH-D200	9 oz.	<b>\$6.75</b>	\$0.75	6+	<b>\$6.45</b>	\$0.72
DH Cheese Blend	4E1-FH-C350	17 oz.	<b>\$6.80</b>	\$0.40	6+	<b>\$6.50</b>	\$0.38
FD Cherries, Sweetened Tart <b>NEW!</b>	4E1-FH-C210	5 oz.	<b>\$11.75</b>	\$2.35	6+	<b>\$11.25</b>	\$2.25
DH Cocoa, Milk Chocolate Hot <b>New low price</b>	4E1-FH-C300	22 oz.	<b>\$7.25</b>	\$0.33	6+	<b>\$6.90</b>	\$0.31
DH Cocoa, French Vanilla Hot <b>New low price</b>	4E1-FH-C320	22 oz.	<b>\$6.50</b>	\$0.30	6+	<b>\$6.25</b>	\$0.28
DH Cocoa, Mint Truffle Hot <b>New low price</b>	4E1-FH-C310	22 oz.	<b>\$7.25</b>	\$0.33	6+	<b>\$6.90</b>	\$0.31
DH Cocoa, Raspberry Hot <b>New low price</b>	4E1-FH-C330	22 oz.	<b>\$6.50</b>	\$0.30	6+	<b>\$6.25</b>	\$0.28
FD Corn, Sweet	4E1-FH-C150	4 oz.	<b>\$5.10</b>	\$1.28	6+	<b>\$4.85</b>	\$1.21
DH Egg Mix, Scrambled	4E1-FH-E150	13 oz.	<b>\$8.25</b>	\$0.63	6+	<b>\$7.85</b>	\$0.60
DH Egg Powder, Whole	4E1-FH-E200	10 oz.	<b>\$5.90</b>	\$0.59	6+	<b>\$5.65</b>	\$0.57
DH Egg White Powder	4E1-FH-E250	10 oz.	<b>\$8.80</b>	\$0.88	6+	<b>\$8.40</b>	\$0.84
FD Mango Chunks	4E1-FH-M220	3 oz.	<b>\$7.40</b>	\$2.47	6+	<b>\$7.05</b>	\$2.35
DH Milk, Instant Nonfat Fortified	4E1-FH-D250	10 oz.	<b>\$4.65</b>	\$0.47	6+	<b>\$4.45</b>	\$0.45
DH Milk, Instant Nonfat <b>On Sale!</b>	4E1-FH-D300	14 oz.	<b>\$5.29</b>	\$0.38	6+	<b>\$5.09</b>	\$0.36
DH Onions, Chopped	4E1-FH-O100	10 oz.	<b>\$4.10</b>	\$0.41	6+	<b>\$3.90</b>	\$0.39
FD Peach Chunks	4E1-FH-F200	4 oz.	<b>\$6.90</b>	\$1.73	6+	<b>\$6.60</b>	\$1.65
DH Peanut Butter	4E1-FH-P100	12 oz.	<b>\$6.25</b>	\$0.52	6+	<b>\$5.95</b>	\$0.50
FD Pineapple Dices	4E1-FH-P200	2 oz.	<b>\$7.40</b>	\$3.70	6+	<b>\$7.05</b>	\$3.53
FD Potato Dices, Sweet <b>NEW!</b>	4E1-FH-P211	4 oz.	<b>\$6.40</b>	\$1.60	6+	<b>\$6.10</b>	\$1.53
DH Potato Soup, Creamy <b>NEW!</b>	4E1-FH-S170	15 oz.	<b>\$8.50</b>	\$0.43	6+	<b>\$8.10</b>	\$0.41
FD Raspberries	4E1-FH-R200	2 oz.	<b>\$8.20</b>	\$4.10	6+	<b>\$7.80</b>	\$3.90
DH Shortening Powder	4E1-FH-S100	10 oz.	<b>\$4.30</b>	\$0.43	6+	<b>\$4.10</b>	\$0.41
FD Strawberry Slices	4E1-FH-F300	2 oz.	<b>\$6.65</b>	\$3.33	6+	<b>\$6.35</b>	\$3.18
DH Tomato Powder	4E1-FH-T100	17 oz.	<b>\$7.85</b>	\$0.46	6+	<b>\$7.50</b>	\$0.44

## MyChoice Hot Cocoa Combo.

## MyChoice Freeze-Dried Fruit Combo.



**25<sup>95</sup>**  
4E1-FH-C100



**39<sup>95</sup>**  
(Individual component pricing: \$44.85)  
4E1-FH-C200

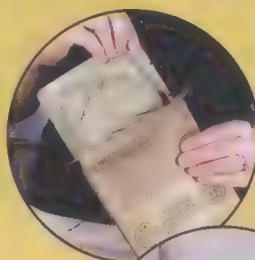


# MREs Meals-Ready-To-Eat

	Meals-Ready-to-Eat	Item Number	Value	Regular	18 or more
Main Dish Entrées	BBQ w/ Chicken, Black Beans & Potatoes*	4E1-FM-M112	<del>\$3.00</del>	\$2.60	\$2.40
	Bean Salad*	4E1-FM-M148	<del>\$3.00</del>	\$2.00	\$1.75
	Beans with Potatoes*	4E1-FM-M154	<del>\$3.00</del>	\$2.00	\$1.75
	Chicken Pulled, Buffalo*	4E1-FM-M170	<del>\$3.00</del>	\$2.60	\$2.40
	Chicken Fajita Filling*	4E1-FM-M143	<del>\$3.00</del>	\$2.60	\$2.40
	Chicken Feta with Tomatoes*	4E1-FM-M164	<del>\$3.00</del>	\$2.60	\$2.40
	Chicken Noodle Stew w/ Veg.*	4E1-FM-M102	<del>\$3.00</del>	\$2.60	\$2.40
	Cheese Tortellini in Tomato Sauce*	4E1-FM-M125	<del>\$3.00</del>	\$2.60	\$2.40
	Chili & Macaroni*	4E1-FM-M115	<del>\$3.00</del>	\$2.60	\$2.40
	Chili with Beans*	4E1-FM-M129	<del>\$3.00</del>	\$2.60	\$2.40
	Macaroni and Beef*	4E1-FM-M130	<del>\$3.00</del>	\$2.60	\$2.40
	Marinara Sauce with Meatballs*	4E1-FM-M114	<del>\$3.00</del>	\$2.60	\$2.40
	Pasta & Marinara Sauce w/ Veg. Crumbles*	4E1-FM-M124	<del>\$3.00</del>	\$2.60	\$2.40
	Pasta with Vegetables*	4E1-FM-M174	<del>\$3.00</del>	\$2.60	\$2.40
	Peas and Pasta*	4E1-FM-M155	<del>\$3.00</del>	\$2.00	\$1.75
	Penne Pasta w/ Veg. Crumbles in Spicy Sauce*	4E1-FM-M159	<del>\$3.00</del>	\$2.60	\$2.40
	Ratatouille*	4E1-FM-M176	<del>\$3.00</del>	\$2.60	\$2.40
	Southwest Beef and Bean*	4E1-FM-M180	<del>\$3.00</del>	\$2.60	\$2.40
	Spaghetti with Meat Sauce*	4E1-FM-M106	<del>\$3.00</del>	\$2.60	\$2.40
	Sloppy Joe Filling*	4E1-FM-M099	<del>\$3.00</del>	\$2.60	\$2.40
Side Dishes	Vegetable Lasagna*	4E1-FM-M165	<del>\$3.00</del>	\$2.60	\$2.40
	Vegetarian Chili*	4E1-FM-M111	<del>\$3.00</del>	\$2.60	\$2.40
	Vegetable Stew with Beef*	4E1-FM-M175	<del>\$3.00</del>	\$2.60	\$2.40
	Applesauce, Fortified* <b>NEW!</b>	4E1-FM-E100	<del>\$2.00</del>	\$1.60	\$1.40
	Applesauce, Raspberry* <b>NEW!</b>	4E1-FM-M162	<del>\$2.00</del>	\$1.60	\$1.40
	Cheddar Potato Soup with Bacon*	4E1-FM-M168	<del>\$2.00</del>	\$1.60	\$1.40
	Cherry Blueberry Cobbler*	4E1-FM-S103	<del>\$2.00</del>	\$1.60	\$1.40
	Fried Rice* <b>NEW!</b>	4E1-FM-S200	<del>\$2.00</del>	\$1.60	\$1.40
	Mango Peach Applesauce*	4E1-FM-S250	<del>\$2.00</del>	\$1.60	\$1.40
	Mexican Rice*	4E1-FM-M122	<del>\$2.00</del>	\$1.60	\$1.40
Meals-Ready-to-Eat	Mixed Fruit* <b>NEW!</b>	4E1-FM-F420	<del>\$2.00</del>	\$1.60	\$1.40
	Pears* <b>NEW!</b>	4E1-FM-F400	<del>\$2.00</del>	\$1.60	\$1.40
	Pineapple* <b>NEW!</b>	4E1-FM-F415	<del>\$2.00</del>	\$1.60	\$1.40
	Santa Fe Rice*	4E1-FM-S120	<del>\$2.00</del>	\$1.60	\$1.40
	Spiced Apples*	4E1-FM-M157	<del>\$2.00</del>	\$1.60	\$1.40
Desserts	Almond Poppyseed Cake*	4E1-FM-D219	1	<del>\$1.40</del>	\$1.10
	Cinnamon Bun*	4E1-FM-D510	1	<del>\$2.25</del>	\$1.80
	Fudge Brownie*	4E1-FM-D123	1	<del>\$1.60</del>	\$1.20
	Marble Pound Cake*	4E1-FM-D212	1	<del>\$1.40</del>	\$1.10
	Spice Pound Cake*	4E1-FM-D214	1	<del>\$1.40</del>	\$1.10
	Stuffed French Toast*	4E1-FM-D500	1	<del>\$2.25</del>	\$1.80
	Vanilla Pound Cake*	4E1-FM-D218	1	<del>\$1.40</del>	\$1.10
Drink	Fruit Punch* (Fortified with Vitamin C)	4E1-FM-B134	1		60¢
	Grape* (Fortified with Vitamin C)	4E1-FM-B130	1		60¢
	Lemonade* (Fortified with Vitamin C)	4E1-FM-B131	1		60¢
	Orange* (Fortified with Vitamin C)	4E1-FM-B133	1		60¢
	Pink Lemonade* (Fortified w/ Vit. C)	4E1-FM-B132	1		60¢
	Strawberry* (Fortified with Vitamin C)	4E1-FM-B135	1		60¢
	Lemonade* Sugar Free	4E1-FM-B123	1		40¢
	Raspberry Drink* Sugar Free	4E1-FM-B124	1		40¢
	Vanilla Dairyshake*	4E1-FM-B122	1		\$1.25
	Cheese Spread, Cheddar*	4E1-FM-C130	1		75¢
Accessory Packets	Jam/Jelly*	4E1-FM-J105	1		50¢
	Peanut Butter*	4E1-FM-P150	1		75¢
	Biscuit*	4E1-FM-B200	1	<del>\$1.50</del>	\$1.25
	Wheat Snack Bread*	4E1-FM-B100	1	<del>\$1.25</del>	\$1.00

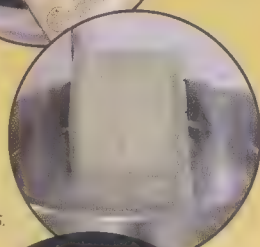
**Purchase 18 or more of each flavor to receive a discount**

## Warming an MRE Entrée



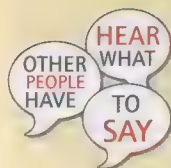
Each MRE box contains a triple-foiled food pouch.

Warm up the pouch using one of many methods.



When the pouch cools, tear it open at notched edge, and enjoy!

\*Limited quantities available of these MRE items.  
See the shelf-life of MREs on page 21



...about  
**Lemonade Drink**

"This is really good lemonade. Great for kids and adults lunch boxes, emergency kits, backpacks and long-term food storage."

-Debby, North Carolina

**NEW! MRE Drink Mix Combo**

**16<sup>95</sup>**

4E1-FM-B500

Buy 10+

**10<sup>00</sup>**

EACH



CONTENTS*	Qty.
Vanilla Dairyshake	3
Pink Lemonade	3
Grape	3
Lemonade	3
Strawberry	3
Orange	3
Fruit Punch	3
Lemonade (Sugar Free)	3
Raspberry Lemonade (Sugar Free)	3

**Group Special!**  
see page 50



...THREE DAYS

CONTENTS*	Qty.
Main Entrée	9
Side Dish	3
Dessert	3
Drink Mix	3
Bread/Biscuit	6
Peanut Butter	2
Jam Packet	2
Cheese Packet	1
Hard Candy	3

**36<sup>95</sup>**

(\$48.90 value)  
4E1-KX-M003

**3-Day MRE Food Supply.** Meals with little preparation, cooking, or clean-up. A great supply for emergency kits and food storage.

...ONE WEEK

CONTENTS*	Qty.
Main Entrée	21
Side Dish	7
Dessert	7
Drink Mix	7
Bread/Biscuit	14
Peanut Butter	4
Jam Packet	4
Cheese Packet	3
Hard Candy	7

**79<sup>95</sup>**

(\$116.00 value)  
4E1-KX-M007

**MRE One-Week Food Supply.** Easy tear pouch. No cooking or reconstitution required. Includes seven days of MRE meals.

# Meals-Ready-to-E

...THREE DAYS

CONTENTS*	Qty.
MRE Heater	9
Main Entrée	9
Side Dish	6
Dessert	6
Drink Mix	3
Water Pouch	18
Bread/Biscuit	3
Peanut Butter	2
Jam Packet	1
Cheese Packet	1
Hard Candy	3
Accessory Pack	9

**72-Hour Food & Water Supply.** MRE food and water for a well-rounded supply of meals when you need them.

**54<sup>95</sup>**

(\$72.47 value)  
4E1-KX-M135

**74<sup>95</sup>**

(\$97.55 value)  
4E1-K7-A400

See chart on page 27 for a full list of contents



**Personal Emergency Kit.**

A wonderful assortment of meals-ready-to-eat and basic provisions for water, shelter, light, first aid, hygiene, warmth, and more. The kit is designed to be compact and efficient, allowing you to easily carry it in the provided backpack in an emergency if you should be required to evacuate at a moment's notice.

\*Depending on stock, some items in kits may require substitutions. All substitutions will be of equal or greater value.

**4<sup>75</sup>**

4E1-KS-S100

**EVAC Pack School Kit.**

Provides ■ basic overnight supply of food, water, and warmth for one person in the case of an emergency.

CONTENTS*	Qty.
Main Entrée	1
Water Pouch	1
Emergency Blanket	1
Body Warmer	1
Poncho	1



# DES FOOD FOR ONE FOR UP TO...

## ...ONE MONTH

CONTENTS*	Qty.
Main Entrée	90
Side Dish	30
Dessert	30
Drink Mix	30
Bread/Biscuit	60
Peanut Butter	15
Jam Packet	15
Cheese Packet	15
Hard Candy	30

**329<sup>95</sup>**

(\$496.00 value)  
4E1-KX-M030

### MRE One-Month Food Supply.

Three entrées a day plus side dishes, desserts, drinks, and more for 30 days.

## ...ONE YEAR

CONTENTS*	Qty.
Main Entrée	1095
Side Dish	365
Dessert	365
Drink Mix	365
Bread/Biscuit	730
Peanut Butter	183
Jam Packet	183
Cheese Packet	182
Hard Candy	365

**3,749<sup>95</sup>**

(\$6,040.00 value)  
4E1-KX-M365

### MRE One-Year Food Supply.

- More than 25 cases (over 750 pounds) of MREs
- Includes meat and vegetarian entrées and much more
- Satisfying entrées and snacks

## Meals-Ready-to-Eat Storage Recommendations

Storage temperature makes a difference in the shelf-life of MREs

### Note:

When stored at 60°F or lower, no data was collected. Projections are that the 130 months will be extended.

Read our article about MREs at  
[BePrepared.com/MRELife](http://BePrepared.com/MRELife)



CONTENTS*	Qty.
Main Entrée	1
Dessert	1
Drink Mix	1
Bread/Cracker	1
Peanut Butter	1
Jam Packet	1
Utensil	1
Wet Wipe	1
Hard Candy	1

\*Contents shown for each Basic EBM

### Basic Emergency Backup Meal

(Case of 12). Basic EBMs contain a main entrée, snack, drink, and a dessert. A good size to pack into an emergency kit because they are compact - all the meal items are packed into a handy zip-top bag.

**Case of 12  
66<sup>00</sup>**

(\$92.40 value)  
4E1-FM-M700

CONTENTS*	Qty.
MRE Heater	1
Main Entrée	1
Side Dish	1
Dessert	1
Drink Mix	1
Bread/Cracker	1
Peanut Butter	1
Jam Packet	1
Utensil	1
Wet Wipe	1
Hard Candy	1

\*Contents shown for each EBM

### Emergency Backup Meal (Case of 12).

EBMs contain the components to make a complete meal. Each is simple to slip into a backpack for an easy meal in an emergency or on the trail. Best of all, each comes with its own MRE heater!

**Case of 12  
96<sup>00</sup>**

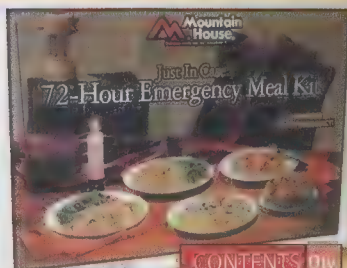
(\$131.40 value)  
4E1-FM-M750



# Pouches

Mountain House pouches are superb for backpacking, camping and emergencies. They provide a quick meal with little preparation. Simply just-add-hot-water, wait 10 minutes and enjoy for most pouches.

**LIMITED QUANTITIES!**



## Mountain House® Just In Case...® 72-Hour Emergency Meal Kit.

This kit is specifically designed to provide one person with three days of meals. Ideal for emergency kits since it weighs less than 3 pounds.

**45<sup>95</sup>**

(MSRP \$59.99)  
4E1-FC-M395

CONTENTS Only	
Granola with Blueberries & Milk	1
Scrambled Eggs with Bacon	1
Scrambled Eggs with Ham & Peppers	1
Garden Green Peas	1
Whole Kernel Corn	1
Cut Green Beans	1
Beef Stroganoff	1
Chicken Teriyaki	1
Chili Mac w/ Beef	1
Rice and Chicken	1
Pasta Primavera	1
Sweet & Sour Pork	1



**Just-Add-Water and enjoy your meal right out of the pouch**



**HOW LONG WILL IT STORE?**

Some Provident Pantry® foods can be life sustaining for up to

**30 YEARS**

in ideal conditions

BePrepared.com/shelflife

	Item Number	Serves	MSRP	PRICE
Pro-Pak Entrées	Pro-Pak Beef Stew	4E1-FC-M125	1	\$6.39 \$5.25
	Pro-Pak Beef Stroganoff	4E1-FC-M135	1	\$6.39 \$5.25
	Pro-Pak Chicken & Rice	4E1-FC-M105	1	\$6.39 \$5.25
	Pro-Pak Chicken Teriyaki with Rice	4E1-FC-M155	1	\$6.39 \$5.25
	Pro-Pak Chili Mac with Beef	4E1-FC-M165	1	\$6.39 \$5.25
	Pro-Pak Lasagna with Meat Sauce	4E1-FC-M145	1	\$6.39 \$5.25
	Pro-Pak Pasta Primavera	4E1-FC-M175	1	\$6.39 \$5.25
	Pro-Pak Spaghetti with Meat Sauce	4E1-FC-M115	1	\$6.39 \$5.25
	Pro-Pak Sweet & Sour Pork with Rice	4E1-FC-M180	1	\$6.39 \$5.25
Wrap Filling	Breakfast Skillet	4E1-FC-M375	1	\$6.99 \$5.95
	Buffalo Chicken	4E1-FC-M360	1	\$6.99 \$5.95
	Chicken Salad	4E1-FC-M340	1	\$6.99 \$5.95
	Chicken Fajita	4E1-FC-M355	1	\$6.99 \$5.95
Main Entrées	Beef Stew	4E1-FC-M220	2	\$6.99 \$5.95
	Beef Stroganoff w/ Noodles	4E1-FC-M230	2	\$6.99 \$5.95
	Beef Teriyaki with Rice <i>Limited Quantities</i>	4E1-FC-M235	2	\$7.50 \$6.95
	Chicken & Rice, Mexican Style	4E1-FC-M290	2	\$7.39 \$6.50
	Chicken A La King	4E1-FC-M215	2	\$8.09 \$6.95
	Chicken Breast, Grilled w/ Mashed Potatoes	4E1-FC-M297	2	\$8.50 \$7.95
	Chicken Teriyaki with Rice	4E1-FC-M240	2	\$8.09 \$6.95
	Chili Mac with Beef	4E1-FC-M255	2	\$6.39 \$5.95
	Granola with Blueberries & Milk	4E1-FC-M520	1	\$4.69 \$3.95
	Lasagna with Meat Sauce	4E1-FC-M250	2	\$6.99 \$5.95
	Long Grain & Wild Rice Pilaf	4E1-FC-M202	2	\$6.40 \$5.95
	Macaroni & Cheese	4E1-FC-M245	2	\$6.99 \$5.95
	Noodles & Chicken	4E1-FC-M260	2	\$6.99 \$5.95
	Pasta Primavera	4E1-FC-M275	2	\$6.99 \$5.95
	Rice & Chicken	4E1-FC-M205	2	\$6.99 \$5.95
	Rice w/ Shrimp and Ham, New Orleans <b>NEW!</b>	4E1-FC-M287	2	\$7.39 \$6.50
	Scrambled Eggs with Bacon	4E1-FC-M515	1	\$5.29 \$4.50
	Scrambled Eggs with Ham & Peppers	4E1-FC-M505	1	\$5.29 \$4.50
	Spaghetti with Meat Sauce	4E1-FC-M210	2	\$6.39 \$5.50
	Sweet & Sour Pork with Rice	4E1-FC-M265	2	\$8.09 \$6.95
	Turkey Tetrazzini	4E1-FC-M270	2	\$6.99 \$5.95
Side Dishes	Beans, Green	4E1-FC-M530	2	\$3.39 \$2.95
	Corn, Golden Sweet Whole Kernel	4E1-FC-M535	2	\$3.39 \$2.95
	Peas, Garden Green	4E1-FC-M525	2	\$3.39 \$2.95
Fruit	Strawberries, Organic <i>Limited Quantities</i>	4E1-FC-M300	2	\$3.90 \$3.95
4-Serving Entrées	Beef Stew	4E1-FC-M420	4	\$11.59 \$10.50
	Beef Stroganoff w/ Noodles	4E1-FC-M430	4	\$11.59 \$10.50
	Lasagna with Meat Sauce	4E1-FC-M440	4	\$11.59 \$10.50
Desserts	Blueberry Cheesecake Dessert	4E1-FC-M465	4	\$6.89 \$5.95
	Ice Cream Sandwich (1.13 oz.)	4E1-FC-M545	1	\$2.29 \$1.95
	Neapolitan Ice Cream (0.75 oz.)	4E1-FC-M540	1	\$2.39 \$1.95
	Raspberry Crumble Dessert	4E1-FC-M460	4	\$6.89 \$5.95

**Mountain Oven™ Flameless Heating Kit.** Warms your rehydrated pouch meal to 100°F without the need for boiling water. Simply add water to activate. Five heating packs.



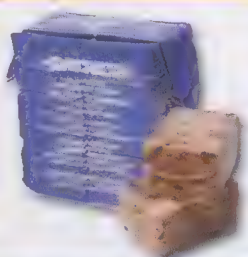
**11<sup>95</sup>**

4E1-FC-M900





# Emergency Food Bars



## Datrex Food Bars.

Great for a quick pick-me-up in emergencies.

- Easy to distribute in an emergency
- Tastes like coconut shortbread cookies
- Subpackaged into 200-calorie servings
- U.S. Coast Guard approved & meets SOLAS (Safety of Life at Sea) standards

**E**mergencies, natural disasters, extreme weather, and disorientation during a hike can create situations where quick energy and emergency food is a main priority. For these circumstances, emergency food bars such as those on this page provide an excellent food source.

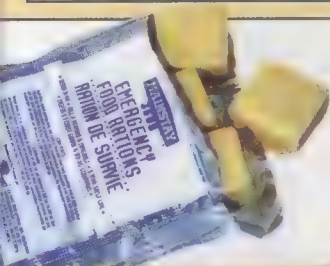
These various emergency food bars are designed to provide a quick, nutritious source of energy in an emergency situation.

**WHY  
STORE  
HIGH  
CALORIE  
FOOD  
BARS?**

Manufacturers of food bars suggest it is wise to store a minimum of 3600 calories per person in your emergency supplies, giving you 1200 calories each day for energy when you need it most.

**Formulated to last up to five years.**

DATREX FOOD BARS	Item Number	Calories	Value	PRICE
2400-Calorie Datrex Bar	4E1-FM-R100	2400	\$5.95	\$4.50
3600-Calorie Datrex Bar	4E1-FM-R400	3600	\$7.95	\$6.95
MAINSTAY FOOD BARS	Item Number	Calories	Value	PRICE
1200-Calorie Mainstay Bar	4E1-FM-R120	1200	\$4.50	\$3.50
2400-Calorie Mainstay Bar	4E1-FM-R240	2400	\$6.50	\$4.50
3600-Calorie Mainstay Bar	4E1-FM-R360	3600	\$8.50	\$6.95
S.O.S. FOOD BARS	Item Number	Calories	Value	PRICE
1200-Calorie S.O.S. Bar	4E1-FM-R150	1200	\$4.50	\$2.95
2400-Calorie S.O.S. Bar	4E1-FM-R200	2400	\$5.95	\$3.95
3600-Calorie S.O.S. Bar	4E1-FM-R440	3600	\$7.95	\$6.25
NEW MILLENNIUM FOOD BARS	Item Number	Calories	Value	PRICE
Apricot New Millennium Bar	4E1-FM-R048	400	\$1.50	\$1.20
Blueberry New Millennium Bar	4E1-FM-R046	400	\$1.50	\$1.20
Cherry New Millennium Bar	4E1-FM-R040	400	\$1.50	\$1.20
Coconut New Millennium Bar	4E1-FM-R042	400	\$1.50	\$1.20
Lemon New Millennium Bar	4E1-FM-R044	400	\$1.50	\$1.20
Orange New Millennium Bar	4E1-FM-R045	400	\$1.50	\$1.20
Raspberry New Millennium Bar	4E1-FM-R043	400	\$1.50	\$1.20
Tropical Fruit New Millennium Bar	4E1-FM-R047	400	\$1.50	\$1.20
Vanilla New Millennium Bar	4E1-FM-R041	400	\$1.50	\$1.20
Millennium Combo (1 of ea. flavor-9 bars)	4E1-FM-R049	3600	\$13.50	\$9.95



**Mainstay Food Bars.** These bars are specially fortified with vitamins and minerals, and bars store well in a normal range of temperatures.

- Lemon butter flavor
- Easily broken into 400-calorie segments
- Exceeds U.S. Coast Guard and SOLAS (Safety of Life at Sea) standards

**S.O.S. Food Bars.** These food bars are formulated to provide a balanced minimum daily diet when you have limited drinking water.

- Flavored deliciously with real coconut
- Formulated to last up to five years
- Subpackaged into 400-calorie servings
- Meets U.S. Coast Guard and SOLAS (Safety of Life at Sea) standards

## New Millennium Food Bars.

About the size of a regular candy bar and ideal for school, office and home kits.

- Formulated to last up to five years
- Stores well in a normal range of temperatures, great for autos
- Great for outdoor adventures
- 400 calories of quick energy





## NEW! All Spices & Seasonings now in MyChoice cans!

- Less storage space but still a long storage life
- Cupboard sized for daily use (4 1/16" wide by 4 11/16" high)
- Flavor your favorite meals with these popular seasonings ideally packaged for daily use or for home storage
- Easy pop-top lid, no can opener needed



				Order more of each & Save		
	Item Number	Net Weight'	PRICE \$/oz.	Qty	PRICE \$/oz.	
Allspice	4E1-FH-A010	13 oz.	\$9.75 \$0.75	6+	\$9.30 \$0.72	
Basil Leaves	4E1-FH-B010	4 oz.	\$3.75 \$0.94	6+	\$3.60 \$0.90	
Broth, Beef (Vegetarian)	4E1-FH-B051	19 oz.	\$5.85 \$0.31	6+	\$5.60 \$0.29	
Broth, Chicken (Vegetarian)	4E1-FH-B052	19 oz.	\$5.85 \$0.31	6+	\$5.60 \$0.29	
Chili Powder	4E1-FH-C020	16 oz.	\$8.25 \$0.52	6+	\$7.85 \$0.49	
Cinnamon	4E1-FH-C010	15 oz.	\$6.75 \$0.45	6+	\$6.45 \$0.43	
Cinnamon and Sugar	4E1-FH-C011	23 oz.	\$7.25 \$0.32	6+	\$6.90 \$0.30	
Dasher Seasoning	4E1-FH-S010	16 oz.	\$8.75 \$0.55	6+	\$8.35 \$0.52	
Enchilada Seasoning	4E1-FH-S050	16 oz.	\$7.50 \$0.47	6+	\$7.20 \$0.45	
Garlic, Minced	4E1-FH-G006	17 oz.	\$9.95 \$0.59	6+	\$9.45 \$0.56	
Garlic Pepper	4E1-FH-G008	19 oz.	\$9.50 \$0.50	6+	\$9.05 \$0.48	
Garlic Powder	4E1-FH-G005	17 oz.	\$9.95 \$0.59	6+	\$9.45 \$0.56	
Garlic Salt	4E1-FH-G007	31 oz.	\$8.75 \$0.28	6+	\$8.35 \$0.27	
Italian Seasoning	4E1-FH-S015	12 oz.	\$7.75 \$0.65	6+	\$7.40 \$0.62	
Montreal Seasoning	4E1-FH-S020	23 oz.	\$9.25 \$0.40	6+	\$8.80 \$0.38	
Montreal Herb Seasoning	4E1-FH-S021	18 oz.	\$9.75 \$0.54	6+	\$9.30 \$0.52	
Onion Powder	4E1-FH-O101	18 oz.	\$7.75 \$0.43	6+	\$7.40 \$0.41	
Onion Salt	4E1-FH-O102	30 oz.	\$7.95 \$0.27	6+	\$7.55 \$0.25	
Oregano Leaves	4E1-FH-O010	3 oz.	\$3.75 \$1.25	6+	\$3.60 \$1.20	
Pepper, Black	4E1-FH-P011	12 oz.	\$13.95 \$1.16	6+	\$13.25 \$1.10	
Pepper, Whole Black	4E1-FH-P010	16 oz.	\$14.50 \$0.91	6+	\$13.80 \$0.86	
Pepper, Lemon	4E1-FH-P012	18 oz.	\$12.50 \$0.69	6+	\$11.90 \$0.66	
Seafood Blend (Lemon Dill)	4E1-FH-S025	24 oz.	\$9.95 \$0.41	6+	\$9.50 \$0.27	
Sloppy Joe Seasoning	4E1-FH-S065	18 oz.	\$9.25 \$0.51	6+	\$8.80 \$0.49	
Steak Seasoning	4E1-FH-S030	22 oz.	\$11.25 \$0.51	6+	\$10.70 \$0.49	
Spaghetti Seasoning	4E1-FH-S060	18 oz.	\$8.25 \$0.46	6+	\$7.85 \$0.44	
Taco Seasoning	4E1-FH-S055	12 oz.	\$7.50 \$0.63	6+	\$7.15 \$0.60	

## Organic Sprouting Seed Combo.

Contains 1 - 3oz. packet of each of the 5 blends below!

- Specially prepared for long-term storage
- Hermetically sealed in a metalized package
- Can be stored for 4+ years

**15<sup>95</sup>**  
EACH  
(\$24.95 value)  
4E1-FG-S150



Grows over \$60 worth of Fresh Sprouts

Combine and Save  
Organic Sprouting Seed Combo and Sprouting Lid.

**17<sup>95</sup>**  
EACH  
(\$27.90 value)  
4E1-FG-S160

BePrepared.com/SproutingSeeds for more information

### Zesty Organic Blend.

**1lb Bag** Mixture of Clover, Radish and Mustard seeds  
**13<sup>50</sup>**  
4E1-FG-S152

Mixture of Broccoli, Radish, Alfalfa and Clover seeds  
**1lb Bag**  
**13<sup>50</sup>**  
4E1-FG-S154

### Hearty Health Organic Blend.

### Savory Salad Organic Blend.

**1lb Bag** Mixture of Adzuki, Pea and Garbanzo seeds  
**6<sup>50</sup>**  
4E1-FG-S153

Mixture of Alfalfa and Clover seeds  
**1lb Bag**  
**10<sup>95</sup>**  
4E1-FG-S155

### Super Sandwich Organic Blend.



**Kitchen Seed Sprouter.**  
Grow fresh sprouts in just 3 to 5 days. Includes 1 oz. Certified Organic Alfalfa seeds, 2 Stackable Growing Trays, Drain Trays, Crisper Lid, and Instructions.

**17<sup>95</sup>**  
4E1-FG-S350

Mixture of Adzuki, Lentils, Mung, and Garbanzo seeds  
**1lb Bag**  
**6<sup>95</sup>**  
4E1-FG-S151

### Bean Sprouter Organic Blend.

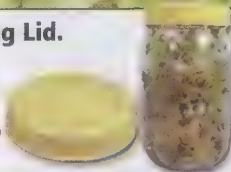
**The Sprouting Book.**  
By Ann Wigmore  
109 pages.

**11<sup>95</sup>**  
4E1-EB-5001



### Sprouting Lid.

**2<sup>95</sup>**  
4E1-FG-S170



Fits any standard wide-mouth jar!



**SNAKE BITE KIT WITH EXTRACTOR PUMP.**  
An easy to use suction pump which can safely and quickly remove significant quantities of venom from bites or stings.

**15<sup>50</sup>**

(Reg. \$17.95)  
4E1-MF-S200

### CPR Shield.

Intended to provide a physical barrier for performing mouth-to-mouth resuscitation on one adult or child. Single use only. Instructions included. Colors vary.

**379**

SALE!

(\$4.99 value)

4E1-MF-M300

**SPECIAL SALE**  
PRICE THIS MONTH

### DENTEMP Teeth Filling Kit.

Replace a lost filling or cement a loose cap or crown.

**3<sup>50</sup>**

4E1-CH-T080

### 51-Piece First-Aid Kit.

Compact enough to store in your emergency kit, yet large enough to take care of many basic household first-aid needs.

**6<sup>95</sup>**

4E1-KF-F051

### Instant Ice Pack.

■ Essential for sprains, broken bones, and other injuries

■ Just squeeze and shake for instant consistent cold temperatures

**95¢**

4E1-MF-1100

### Forehead Thermometer.

Easy to read and use. Hold on forehead for an accurate reading of body temperature. Simply clean with a soft cloth for reuse.

**1<sup>50</sup>**

4E1-ZF-T221

### EMT Shears.

Cut through denim, seat belts and heavy fabrics. Also can be used to cut gauze or bandages. Hardened stainless steel.

**2<sup>95</sup>**

4E1-MF-S100

### Minor Surgery Kit.

A great kit to have for minor emergencies.

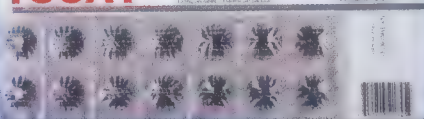
CONTENTS	Qty.
Steri Strips	3
Blade with Handle	1
Surgical Scissors	1
Straight Forceps	1
Probe	1
Fine Point Tweezers	1
Alcohol Prep Pad	10
Ammonia Inhalant	2
Fingertip Bandage	2
Knuckle Bandage	2
Extra Large Bandage	4
Antibiotic Ointment	2
Box of Matches	1
Pen Light	1

**17<sup>95</sup>**

(Reg. \$21.00)  
4E1-KF-S050

# + First Aid

**IOSAT**



### IOSAT Potassium Iodide Tablets.

■ Saturate the thyroid with stable iodine to prevent the absorption of radioactive iodine, the most dangerous substance likely to be released in a nuclear emergency

■ 14 full-strength (130 mg) tablets which will protect the thyroid for at least two weeks

**10<sup>95</sup>**

(\$11.99 value)  
4E1-MF-T101

### NEW! QuickClot Sport.

■ Advanced clotting sponge

■ Comes in 2 different sizes

■ Lightweight, small and convenient

■ Ideal for recreational activities, automobiles, first aid kits, and more



**3.5" x 3.5"**

**11<sup>95</sup>**

(\$13 value)  
4E1-ZF-S025

**5" x 5"**

**15<sup>95</sup>**

(\$18 value)  
4E1-ZF-S050



**SPECIAL SALE**  
PRICE THIS MONTH

### 182-Piece First Aid Kit.

■ Contains valuable first aid supplies

■ Ideal for home, office, auto and RV

■ Compact, organized and easy to transport

**17<sup>99</sup>**

SALE!  
(Reg. \$24.99)  
4E1-KF-F182

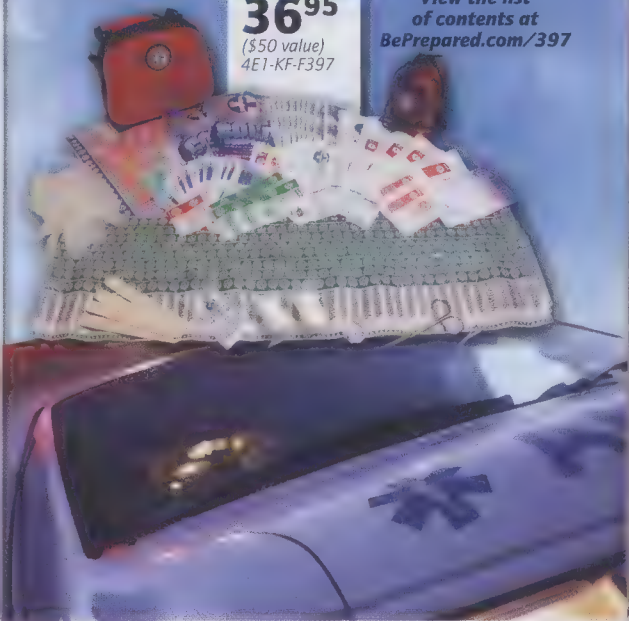
### 397-Piece First-Aid Kit.

This kit comes organized in a quality travel bag. Also includes a bonus mini backpack which is great for having first-aid items on-hand anywhere.

**36<sup>95</sup>**

(\$50 value)  
4E1-KF-F397

View the list of contents at  
[BePrepared.com/397](http://BePrepared.com/397)





# Auto Emergency Kits

## Auto Emergency Kit\*

- Provides a variety of essentials for your car
- Includes supplies for food, water, shelter, heat, light, and first aid in a lightweight and compact package

**19<sup>95</sup>**

(Individual component pricing: 23.85)  
4E1-KC-A300



## Auto Emergency Kit Add-On\*

- Enhance your Auto Emergency Kit to provide for additional people

**9<sup>95</sup>**

(Individual component pricing: 11.45)  
4E1-KC-A301



## Combine and Save!

### Deluxe Auto Combo.

- Includes:

- Auto Emergency Kit
- Auto Tool Kit
- 12 foot Jumper Cables
- Medium Backpack

**52<sup>95</sup>**

(\$74.95 value)  
4E1-K7-A600



## Auto Tool Kit\*

- Durable tools to be better prepared for many auto emergencies

**17<sup>95</sup>**

(\$22.20 value)  
4E1-KC-A250



## Jumper Cables.

- 12' - 6 gauge, copper wire cables
- Tangle free and shock resistant coated clamp



**15<sup>95</sup>**

(\$20.95 value)  
4E1-CU-T205

Aqua Blox 8 oz.	2	2	2
Millennium Bar	1	1	1
Hand & Body Warmer	1	1	1
Emergency Poncho	1	1	1
Emergency Bag	1	1	1
Box of Matches	1		1
Lightstick	1	1	1
Headlamp	1		1
Whistle	1	1	1
AAA Batteries	3		3
Zip-top Bag	1	1	1
Multifunction Knife	1		1
Toilet Paper	1		1
21 Piece First Aid Kit	1	1	1
10" Locking Pliers			1
8" Adjustable Wrench			1
6-in-1 Screwdriver			1
6" Long Nose Pliers			1
Leather Gloves			1
Emergency Tape			1
Tire Gauge			1
Jumper Cables			1
Medium Backpack			1

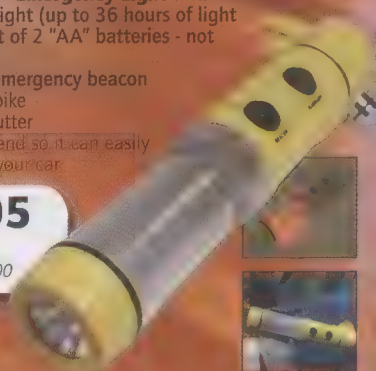
Use this chart to see what comes in each auto kit and compare the difference!

## Auto Buddy™ Emergency Light and Tool.

- LED flashlight (up to 36 hours of light on one set of 2 "AA" batteries - not included)
- Flashing emergency beacon
- Window spike
- Seatbelt cutter
- Magnetic end so it can easily attach to your car

**11<sup>95</sup>**

4E1-CL-E300





Use the chart below to find the kit that best fits your needs. The chart compares the contents of the emergency kits available on the following pages.

\*Depending on stock, some items in kits may require substitutions. All substitutions will be of equal or greater value.

	Starter	3-Day Lite	3-Day Emergency	Trekker® I	Trekker® II	ReadyWise® I	ReadyWise® II	Comp® I	Comp® II	Personal
FOOD & WATER	3600-Calorie Food Bar	1	1	1	2	4	1	2		
	Hard Candy	3	3	3	6	12	24	6	12	3
	MRE Entrée							3	6	9
	MRE Side Dish								6	12
	MRE Cracker/Bread								3	6
	MRE Peanut Butter								2	4
	MRE Jam								1	2
	MRE Cheese								1	2
	MRE Dessert								6	12
	MRE Drink								3	6
	Bottled Water	3	3							
WARMTH	Water Pouch								18	36
	Aqua Blox			6	6	12	24	9	18	
	Purification Tablets (1 L)			2	4	8	4	8	6	12
	Water Bottle (1 Liter)							1	2	1
	Hand & Body Warmer	3	3	3	3	6	12	3	6	3
	Emergency Poncho	1	1	1	1	2	4	1	2	1
	PVC Poncho								1	2
	Emergency Blanket									1
	Emergency Sleeping Bag	1	1	1	1	2	4	1	2	1
	Wool-Blend Blanket							1	1	1
	All-Weather Blanket								1	1
COOKING	Tube Tent			1	1	1	2	1	1	2
	Strike-Anywhere Matches	1	1	1	1	2	1	2	1	2
	Waterproof Matches									1
	Fuel-Fire Starter			1	1	2	1	2	1	2
	Utensil & Accessory Pack									9
	Knife, Fork, Spoon							1	2	1
	MRE Heater							3	6	9
	Whistle with Lanyard	1			1	3				1
	5-in-1 Survival Whistle		1	1	1	1	1	2	1	2
	Lightstick	1	1	1	1	2	1	2	1	2
	LED Flashlight & Batteries		1							
LIGHT AND COMMUNICATION	LED Headlamp & Batteries		1	1	1	2		1	1	1
	Windup Light & Phone Charger							1	1	1
	100-Hour Candle		1	1	1	2	1	1	2	1
	AM/FM Radio with Batteries		1	1	1	1	1	1	1	1
	N95 Respirator Mask			1	2	4	1	2	2	4
	Sunscreen Towelette			1	2	4	1	2	2	4
	Mosquito Repellent						1	2	2	4
	5-Gal. Water Storage System								1	1
	Enzyme Packet								1	1
	Toilet Paper		1	1	2	4	1	2	1	2
	Small Garbage Bag								2	3
FIRST-AID & SANITATION	Hand Sanitizer								1	1
	20 First-Aid Items	1								1
	27 First-Aid Items		1							
	72 First-Aid Items			1	1	2				
	92 First-Aid Items						1	1		
	156 First-Aid Items								1	1
	First-Aid Booklet			1	1	1	1	1	1	1
	Disposable Toothbrush			2	2	4	2	4	2	4
	Safety Pin			5	5	10	5	10	5	10
	Small Bar Soap			1	1	2	1	2	2	3
	Disposable Razor			1	1	2	1	2	1	2
STORAGE & TOOLS	Sanitary Napkin			5	5	10	5	10	5	10
	Comb			1	1	2	1	2	1	2
	Tissue Pack	1	1	1	1	2	1	2	1	2
	Zip-Top Bag	1								
	Medium Backpack		1	1	1	1				
	Large Daypack				1	1		1	1	1
	Extra-Large Daypack					1	1	1		
	Deluxe Hiking Backpack								1	1
	Multi-Function Knife		1	1				1	1	1
	Multi-Function Tool			1	1	1	1	1	1	1
	Emergency Tape		1	1	1	1	1	1	1	1
Education	Leather Gloves						1	2	1	2
	Campers Trowel						1	1		
	Tri-Fold Shovel								1	1
	Nylon Utility Cord								1	1
	Memo Pad								1	1
	Marking Pen								1	1
	Sewing Kit								1	1
	Preparedness Checklist			1	1	1	1	1	1	1
	Survival Book								1	1

# Kit Comparison

## 3-Day Lite Emergency Kit\*

This economical 3-day kit gives you basics you will need in an emergency. This kit includes food, water, warmth, light, communication, and first aid all packed in a medium backpack for easy transporting.

**30<sup>95</sup>**

(\$56.57 value)  
4E1-K7-B350

## Starter Emergency Kit\*

Basic kit or add-on to any other emergency kit for additional people. Includes food, water, light, warmth, communication, & more!

**15<sup>95</sup>**

(\$22.02 value)  
4E1-K7-B150

## 3-Day Emergency Kit\*

An assembly of basic emergency items for one for up to three days. Makes an excellent starter kit.

- Stores well in a range of normal temperatures
- Sized right with items that make a great auto-mobile kit
- Food, water, shelter, warmth, first aid, light, communication, & more

**54<sup>95</sup>**

(\$86.82 value)  
4E1-K7-B400



### Trekker I™ Emergency Kit\*

Basic emergency gear for one for up to three days.

- Contains over 120 emergency supplies
- Also great for students or use as an add-on kit

# 69<sup>95</sup>

(\$104.46 value)  
4E1-K7-M500

ITEMS  
FOR

# 1

FOR UP TO  
3 DAYS

GEAR



See chart on page 27 for a  
full list of contents

## Trekker™ Emergency Kits

### Trekker II™ Emergency Kit\*

Basic gear for two for up to three days.

- Contains over 150 emergency supplies
- Includes large and medium daypacks with room for custom items
- LED headlamp, N95 respirator masks and water treatment tablets
- An ideal size for a thoughtful wedding, holiday and family gift

**Rated 'Best Value' by  
the Wall Street Journal.**

# 89<sup>99</sup>

SALE!  
(\$148.91 value)  
4E1-K7-M520

Special  
**SALE**  
PRICE THIS  
MONTH

ITEMS  
FOR

# 2

FOR UP TO  
3 DAYS

GEAR



*Our popular Trekker™ Emergency Kits contain quality components and daypacks that offer room for customizing. Their grab-and-go convenience makes them ideal for a quick exit should a disaster strike. The kits are designed to provide basics for one, two, or four people.*

### Trekker IV™ Emergency Kit\*

Offers family-sized preparedness with gear for four people for up to three days of an emergency.

- Over 275 emergency supplies
- Large and extra large daypack
- Improved lighting, first-aid, sanitation, and water items
- Includes gear for communication, shelter, food, water, light, first-aid and cooking for up to three days
- Add the Trekker I™ (above) for additional family members

# 164<sup>95</sup>

(\$257.36 value)  
4E1-K7-M540

See chart on page 27 for  
a full list of contents

ITEMS  
FOR

# 4

FOR UP TO  
3 DAYS

GEAR



\*Depending on stock, some items in kits may require substitutions.  
All substitutions will be of equal or greater value.



### ReadyWise I™ Emergency Kit\*

This kit includes extra provisions to allow one person to stay fed, hydrated, and informed for up to three days.

- Over 160 emergency supplies
- Offers variety with both food bars and MREs†
- Also a great add-on kit for the ReadyWise II™ (below) and other emergency kits

**119<sup>95</sup>**

(\$182.43 value)  
4E1-K7-H700

ITEMS  
FOR

**1**

FOR UP TO  
**3 DAYS**

GEAR



## ReadyWise™ Emergency Kits

See chart on page 27 for a full list of contents.

**ReadyWise II™ Emergency Kit\*** A two-person, three-day kit that offers a balance between portability and functionality, with supplies that can make all the difference in an emergency.

- Over 220 emergency supplies
- Includes both a Large and an Extra-Large Daypack
- N95 respirator masks, first-aid supplies, sanitation items, warmth, shelter, light, food bars, MREs† and more
- Provides water for three days as well as purification tablets for even more drinkable water

**199<sup>95</sup>**

(\$312.22 value)  
4E1-K7-H720

ITEMS  
FOR

**2**

FOR UP TO  
**3 DAYS**

GEAR



### Comp I™ Emergency Kit\*

This deluxe kit includes MRE† meals, water, sanitation supplies, first-aid, shelter, communication, warmth, light, and a wealth of other preparedness items.

- Over 280 emergency supplies
- When filled, the boxed water kit weighs approximately 40 lbs. and is stored separately

**219<sup>95</sup>**

(\$320.33 value)  
4E1-K7-C800

ITEMS  
FOR

**1**

FOR UP TO  
**3 DAYS**

GEAR



See chart on page  
27 for a full list of  
contents.

## Comp™ Emergency Kits

### Comp II™ Emergency Kit\*

With the Comp II's™ comprehensive set of preparedness items, you'll have a personal wealth of emergency gear when you need it most.

- Over 390 emergency supplies
- Includes MRE† meals, water, tools, warmth supplies, light, sanitation supplies, first-aid supplies, communication, and a wide variety of other items
- Contains extras such as water purification tablets, LED headlamps, and water bottles

**319<sup>95</sup>**

(\$492.66 value)  
4E1-K7-C820

ITEMS  
FOR

**2**

FOR UP TO  
**3 DAYS**

GEAR

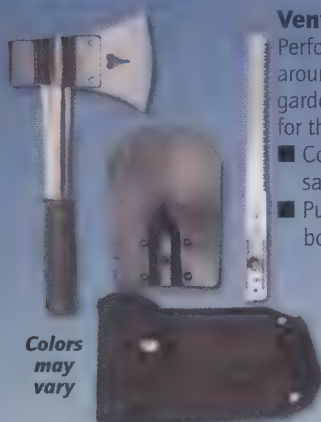


\*Meals-Ready-To-Eat

\*Depending on stock, some items in kits may require substitutions. All substitutions will be of equal or greater value.



# Emergency Tools



Colors may vary

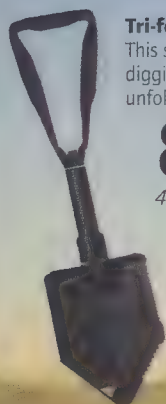
## Venture 6 Tool.

Performs numerous jobs around camp, home, and garden - as well as a useful tool for the car, boat, and RV.

- Converts from shovel into a saw, hammer, and hatchet
- Pulls nails and opens bottles

**15<sup>95</sup>**

(\$19.95 value)  
4E1-CA-A000



## Tri-fold Shovel.

This shovel folds compactly and offers amazing digging power. Measures 24" unfolded and 9 1/2" folded.

**8<sup>95</sup>**

4E1-CU-S100

## Coghlan's Commando Saw.

- Cuts wood, plastic, bone, rubber or soft metal
- 20" (50 cm) stainless steel blade
- Safe to handle

**6<sup>95</sup>**

4E1-CK-S201



**Emergency Gas Wrench.** This wrench is for quickly shutting off your gas in the event of a gas leak, fire, or other disaster or emergency.



**4<sup>95</sup>**

(\$10.00 value)  
4E1-MS-L350

## First Alert Safety Ladder.

- Escape a two-story home safely during a fire
- Stores easily under the bed or by the window
- Ready to use in under a minute
- Has a 1,000 pound load rating
- Fully assembled
- Limited six-year warranty from First Alert



**49<sup>95</sup>**

4E1-ML-L100

## Samurai Survival Tool.

- Splits wood, hammers nails and stakes, and pries things open



Great for emergencies and odd jobs.

**3<sup>99</sup>** SALE!  
(\$5.95 value)  
4E1-CU-A400

**SPECIAL SALE**  
PRICE THIS MONTH

## Emergency Tape.

- Great for quick repairs
- Measures 10 yards long and 1 7/8 inches wide
- Grooved surface so its easy to tear without scissors or a knife

**SPECIAL SALE**  
PRICE THIS MONTH

**1<sup>29</sup>** SALE!  
4E1-ZK-1100



## High Uinta Gear™ 13-Function Knife.

- Includes 2.25" blade, phillips and standard screwdrivers, scissors, lid lifter, auger, scaler, key ring and more

**2<sup>95</sup>**

(\$6.95 value)  
4E1-CU-K413



## High Uinta Gear™ Multifunction Tool.

- More than 13 functions in one handy tool

**4<sup>95</sup>**

(\$9.99 value)  
4E1-CU-T200



## Emergency Rope.

- Approx. 50 ft.
- Great for tents, boats, tarps and more
- Mildew resistant
- A necessity in emergency & auto kits



**2<sup>95</sup>**

(\$4.99 value)  
4E1-CU-R250

## Leather Gloves (1 pair)

- 100% leather
- A must when an emergency requires heavy labor
- Helpful for hauling wood and doing yard work



Colors may vary

**3<sup>95</sup>**

(\$4.95 value)  
4E1-CU-G100





## Extra Large Backpack.

Size: 20" x 14.5" x 7.5"

**14<sup>95</sup>**

(\$19.95 value)  
4E1-CP-D117

## Large Backpack.

Size: 17" x 12.5" x 6.5"

**9<sup>95</sup>**

(\$12.95 value)  
4E1-CP-D116

## Medium Backpack.

Size: 15.5" x 11.5" x 5"

**7<sup>95</sup>**

(\$9.95 value)  
4E1-CP-D115

# Backpacks

### Crestridge™ Internal Frame Backpack.

- 6,000 cubic inch - huge capacity for storage
- Adjustable torso
- Included rain cover
- Sleeping bag compartment
- 600D Polyester
- Dimensions 33" x 16" x 11"

**49<sup>95</sup>**

4E1-CP-1391



### Castlepine™ Internal Frame Backpack.

- 3,200 cubic inch capacity for main compartment storage
- Front panel access
- Plastic frame sheet & 2 aluminum stays
- Side compression straps
- Nylon material
- Dimensions 25.5" x 17.5" x 6"

**Maroon**

4E1-CP-1380

**Green**

4E1-CP-1381

**Navy**

4E1-CP-1382

**30<sup>95</sup>**



### High Uinta Gear™ Trail Hiker™ Pack.

- Measures 30" x 12.5" x 7.5"
- Padded back, shoulder & straps
- Ripstop nylon
- 2,800 cubic inches

**25<sup>95</sup>**

(\$39.99 value)  
4E1-CP-S015



**14<sup>95</sup>**

4E1-EB-F030

### Mix-A-Meal Cookbook.

Turn your food storage into versatile mixes you can use everyday, during traveling/camping, or keep stored for use in a pinch. 124 pages.



**29<sup>95</sup>**

4E1-EB-C200

**Encyclopedia of Country Living - 10th Edition.** The original manual for unique and thorough instructions on becoming self-sufficient. 922 pages by Carla Emery.



**18<sup>95</sup>**

4E1-EB-W340

### Emergency Preparedness Made Easy.

Full of helpful information including food and water storage, first aid, survival, communication, 3-day kits, and finances. 329 page book by Pam Crockett.



**18<sup>95</sup>**

4E1-EB-E100

### Emergency Essentials' Tips for Preparedness.

In this easy to read book, we share principles and helpful information that will minimize suffering and help individuals and families to survive emergencies. 132 pages.



### Cookin' with Dried Eggs.

This book shows you how to use dried eggs in your food storage. Create dozens of tasty meals. 37 pages by Peggy Layton.



**5<sup>99</sup> SALE!**

4E1-EB-F085

### Cookin' with Beans & Rice.

Beans and rice are great for storage. Includes useful recipes for using these staples. 155 pages by Peggy Layton.



**12<sup>95</sup>**

4E1-EB-F080

### Cookin' with Home Storage.

More than 550 food storage recipes and ideas for cooking with dehydrated foods. 267 pages by Peggy Layton.



**12<sup>95</sup>**

(\$14.95 value)  
4E1-EB-F065

E  
D  
U  
C  
A  
T  
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N

### Marlene's Magic Food Storage Book.

Discover how to turn "dry" into delicious! The recipes are easy to prepare, and, as you learn to cook with stored foods watch your food budget stretch! 260 pages by Marlene Petersen.

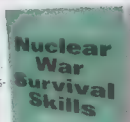


**18<sup>95</sup>**

4E1-EB-F410

### Nuclear War Survival Skills.

Survival tips for extreme situations. 283 pages by Cresson H. Kearny.

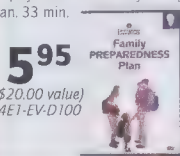


**12<sup>95</sup>**

(\$19.95 value)  
4E1-EB-S410

### Emergency Preparedness Plan DVD.

Helps you create a family emergency plan. 33 min.



**5<sup>95</sup>**

(\$20.00 value)  
4E1-EV-D100



### Goal Zero™ Nomad 7M Portable Solar Panel.

- 7-watt solar panel, 13 oz.
- Output powers in 12 volt DC and USB
- Charges cell phones, ipods, GPS systems and more using the USB charging port

**79<sup>95</sup>**

(MSRP \$99.99)

4E1-CM-P150

BePrepared.com/Nomad7M

### Goal Zero™ Guide™ 10 Plus Power Pack.

- Charge NiMH AA batteries from the sun in as little as 1.5 hrs with Nomad 7 solar panel. Can also charge batteries from USB power source
- Very small, about the size of a cell phone
- Includes 4 AA batteries
- Built-in LED flashlight that runs 20+ hours per charge
- Stores power for charging devices day or night

**47<sup>95</sup>** (MSRP \$69.98)

4E1-CM-P167

Now includes the Silicone Sleeve for the Guide 10 plus.

### Goal Zero™ Escape™ 150 Power Pack.

- Stores 150 watt hours
- Charge by plugging into wall, 12 volt car adapter (both included) or solar panel (sold separately)
- Great for backup emergency power

**159<sup>95</sup>**

(MSRP \$199.99)

4E1-CM-P623

### NEW! Goal Zero™ Silicone Sleeve for Guide 10 Plus.

- Protect your Guide 10 Power Pack with this durable silicone case

**8<sup>95</sup>**

(MSRP \$9.99)

4E1-CM-P130

### Combine and Save!

Guide™ 10 Plus Power Pack with Silicone Sleeve (4 AA batteries included), Bolt LED Focus Flashlight and Nomad 3.5 Solar Panel.

**137<sup>90</sup>** (MSRP \$189.97)

4E1-CM-P171

Includes a  
**\$25**  
Emergency  
Essentials' Gift  
Card

### Goal Zero™ Boulder 15 Solar Panel.

- Power and recharge your power pack with this 15-watt highly efficient mono-crystalline solar panel
- Charge your power pack faster by connecting 2 or more panels together

**127<sup>95</sup>**

(MSRP \$159.99)

4E1-CM-P634

BePrepared.com/Boulder

### Goal Zero™ Escape™ Combo Pack.

Save money by getting this great combo in preparation of the unexpected.

- Use the Boulder 15 solar panel to charge the Escape 150 power pack for long lasting energy
- Plug in the Light-A-Life for light

Includes a  
**\$50**  
Emergency  
Essentials' Gift  
Card

Escape 150  
Power Pack

Light-  
A-Life

### Goal Zero™ Bolt Mobile Kit.

- 3.5 watt solar panel and Bolt rechargeable LED flashlight
- 160 lumen flashlight
- 3 hour of light on full charge
- Dim to bright modes

Kit  
**89<sup>95</sup>**

(MSRP \$119.99)

4E1-CM-P105

### Flashlight only

**39<sup>95</sup>**

(MSRP \$49.99)

4E1-CM-P104

### 12V DC Car Charger.

- Allows you to charge your Escape power pack from female cigarette outlet

**14<sup>95</sup>**

4E1-CM-P621

### Goal Zero™ Luna LED Light.

- 0.50-watt LED Bulbs, runs for 20 hours on a Guide 10 and rated for 20,000 hours of use
- Can be powered by any Goal Zero™ power pack or any USB power source
- 9" bendable cord lets you secure around objects

**7<sup>95</sup>**

(MSRP \$11.99)

4E1-CM-P152

### Goal Zero™ Rechargeable Batteries (4 pack).

AA Batteries

**13<sup>95</sup>**

(MSRP \$19.99)

4E1-CM-B513

AAA Batteries

**10<sup>95</sup>**

(MSRP \$18.99)

4E1-CM-B514

**322<sup>85</sup>**

(MSRP \$409.97)

4E1-CM-P626



### Power Dome EX.

- Charged by your home electrical outlet
- Built in AM/FM radio
- LED emergency work light
- Use for emergencies at home or on the road
- Jump start vehicles and inflate tires

**136<sup>95</sup>**

(MSRP \$196.80)  
4E1-CM-P500



### Solar Four-4-One Plus Battery Charger.

- Charges D, C, AA, and AAA rechargeable batteries
- Can charge some mobile devices, radios and other items

**29<sup>95</sup>**

4E1-CM-B475



### ALKALINE BATTERIES

	Item Number	Value	Price
'AA' Alkaline Battery	4E1-CM-B110	45¢	<b>40¢</b>
'AAA' Alkaline Battery	4E1-CM-B100	45¢	<b>40¢</b>
'C' Alkaline Battery	4E1-CM-B130		<b>\$1.00</b>
'D' Alkaline Battery	4E1-CM-B140		<b>\$1.35</b>
9-Volt Alkaline Battery	4E1-CM-B150		<b>\$1.50</b>
Lithium CR123 3 Volt	4E1-CM-B260		<b>\$2.75</b>



### Goal Zero™ Boulder 30 Solar Panel.

- 30-watt highly efficient mono-crystalline solar panel
- Charge your Extreme 350 power pack faster by connecting 2 or more panels together

**239<sup>95</sup>**

(MSRP \$299.99)  
4E1-CM-P635



## Accessories

### Light-A-Life Light.

- Bright 3 watt, low power draw LED lantern light
- Rated for 20,000 hours of use
- Equivalent to 45 watt incandescent bulb
- Weather resistant
- 9' extender cord and carabiner that lets you hook it anywhere
- Chainable - daisy chain up to 12 LAL lights in a series



**34<sup>95</sup>**

(MSRP \$49.99)  
4E1-CM-P622

### Goal Zero™ Escape™ Boulder Panel Quick Clip.

- Structurally secure multiple Boulder solar panels together
- 2 Quick Clips are required for each additional Boulder Solar Panel

**3<sup>95</sup>**

Per Clip  
4E1-CM-P631



# Emergency Power

### Goal Zero™ Extreme 350 Power Pack.

- Leave this unit plugged in at home or cabin for 350 watts of emergency backup electrical power
- It has the ability to charge many devices with USB and 12V outputs
- Powers cell phones for 350+ hours, and can recharge an iPad 15 times
- Rechargeable AGM battery; 500-800 cycles
- Long-lasting 350 watt-hour power pack

**279<sup>95</sup>**

(MSRP \$349.99)  
4E1-CM-P640



### Extreme™ 350 Chaining Cable.

- Allows you to connect multiple Extreme 350 Power Packs together

**19<sup>99</sup>**

4E1-CM-P642

### Goal Zero™ Extreme™ DI (Universal Inverter).

- Allows you to power your AC devices from anywhere in the world. Powered by your Extreme 350 Power Pack
- Universal inverter which provides up to 400 watts of continuous power and 800 watts peak
- Can be easily switched between 110V to 220V
- Allows you to power commonly used electronic devices such as lights, laptops, cellphones, or GPS
- Can be used to convert to AC current from any 12V cigarette adapter, such as your car or boat

**89<sup>95</sup>**

(MSRP \$119.99)  
4E1-CM-P641



### GOAL ZERO™ Extreme™ 350 Kit.

Get both the Goal Zero™ Extreme 350 Power Pack AND the Goal Zero™ DI (Universal Inverter) at the great price. See details of these great emergency items above.

Includes a  
**\$50**  
Emergency Essentials® Gift Card



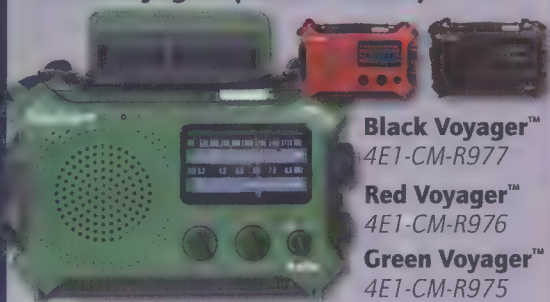
**369<sup>90</sup>**

(MSRP \$469.98)  
4E1-CM-P670



# Emergency Communication

## Kaito® Voyager™ (Model KA500).



### Black Voyager™

4E1-CM-R977

### Red Voyager™

4E1-CM-R976

### Green Voyager™

4E1-CM-R975

- AM/FM, shortwave, and weather bands -11 bands total
- LED flashlight, 5-LED reading lamp, and an LED flashing SOS emergency light
- Charges some cell phones & MP3 players using ■ USB jack
- 30 seconds cranking for about 15 min. radio play
- Included 6 cell phone tips to charge popular models
- Built-in speaker and headphone jack (includes headphones)
- One Year limited warranty from Kaito®

**49<sup>95</sup>**

(\$79.99 value)

## Kaito® Voyager™ Pro.

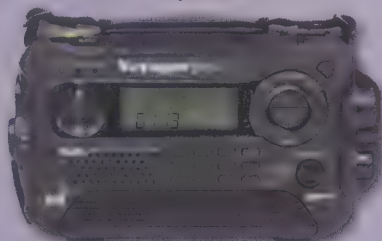
- 11 Bands including AM/FM, and weather bands
- LED flashlight plus 5-LED reading lamp
- Self-powered hand crank charging system
- Adjustable solar panel
- Built in USB port to charge small devices
- NOAA Weather Alert
- Time, alarms and calendar functions
- One Year limited warranty from Kaito®

**79<sup>95</sup>**

(MSRP \$99.95)

Black - 4E1-CM-R980

Silver - 4E1-CM-R981



## Kaito KA009 4-Power Shortwave Radio.

One-year warranty from Kaito



- 4 power sources
- 10 bands: AM/FM, NOAA weather, TV
- 1-2 bands, aviation band & continuous shortwave
- 90 seconds of hand-cranking charges internal NiMH battery for up to 30 minutes of radio play

**39<sup>95</sup>**

(\$59.99 value)  
4E1-CM-R950

## The Gift of Preparedness



\$15 Gift Card ..... 4E1-GC-2015

\$25 Gift Card ..... 4E1-GC-2025

\$50 Gift Card ..... 4E1-GC-2050

\$100 Gift Card ..... 4E1-GC-2100

\$500 Gift Card ..... 4E1-GC-2500

Good in our stores, online, and for catalog orders by phone or mail.



## Emergency Whistle.

- Shrill and loud noise is easily heard
- Slim design makes it light and easy to carry
- Includes lanyard
- Great for emergency kits or your outdoor essentials

**75¢**

4E1-CM-W200



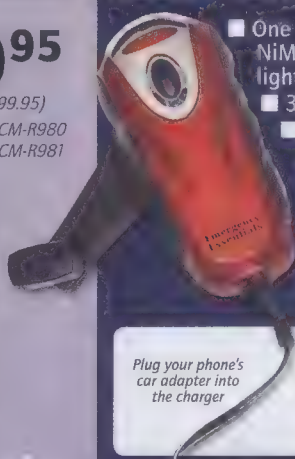
## 5-in-1 Survival Whistle.

- Shrill signal whistle
- Liquid-filled luminous compass in cap
- Flint-firestarter
- Waterproof matchbox
- Signal mirror

**1<sup>50</sup>**

(\$2.95 value)  
4E1-CM-W400

## The Charger™ Flashlight & Mobile Phone Charger.



- One minute of cranking charges the NiMH battery for up to 30 min. of light
- 3 LEDs; 2 brightness modes
- Included charge-out adapter charges most cell phones that have a car charger

To see a video demonstration visit  
[BePrepared.com/Charger](http://BePrepared.com/Charger)

Plug your phone's car adapter into the charger

**11<sup>95</sup>**

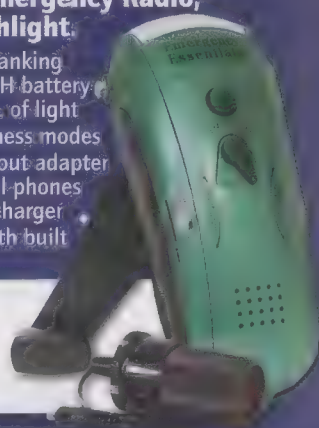
(\$25.00 value)  
4E1-CL-L330

## Wavelength™ Emergency Radio, Charger & Flashlight.

- One minute of cranking charges the NiMH battery for up to 30 min. of light
- 3 LEDs; 2 brightness modes
- Included charge-out adapter charges most cell phones that have a car charger
- AM/FM radio with built in speaker

**16<sup>95</sup>**

(\$34.99 value)  
4E1-CL-L530





# Emergency Lighting

## LED Glow 400 Flashlight.

- Flashlight and emergency flasher
- Flashes for over 400 hours
- 3 "AAA" batteries included
- Free replacement batteries (shipping and handling not included)
- Storage compartment inside handle for first aid kit or other equipment
- Light automatically turns on if you drop flashlight in the water

**6<sup>95</sup>**

4E1-CL-F350

## LED Glow 300 Spotlight.

- Flashlight and emergency flasher
- Flashes for over 300 hours
- 4 "AA" batteries included
- No chemicals non-toxic
- Large storage compartment inside for first aid kit or other equipment
- Automatic flasher when falls into water

**14<sup>95</sup>**

(\$16.95 value)

Red - 4E1-CL-F380  
White - 4E1-CL-F381

## LED Glow Stick 200.

- Glowstick, flashlight, emergency flasher and whistle
- Flashes for over 200 hours
- Batteries included, free replacement batteries (shipping and handling not included)
- No chemicals and non-toxic

**4<sup>95</sup>**

(\$6.49 value)

Red - 4E1-CL-F310

Blue - 4E1-CL-F311

Green - 4E1-CL-F312

## Lightsticks.



**125  
EACH**

(\$4.95 value)

Green 12-Hr. Lightstick..... 4E1-CL-S100

Red 12-Hr. Lightstick..... 4E1-CL-S101

Yellow 12-Hr. Lightstick..... 4E1-CL-S103

Blue 8-Hr. Lightstick..... 4E1-CL-S104

Orange 12-Hr. Lightstick..... 4E1-CL-S106

White 8-Hr. Lightstick..... 4E1-CL-S107

## High Uinta Gear

### Pathfinder™ 9-LED Flashlight.

- More than 30 hours of light on 1 "AAA" batteries (sold separately)

**3<sup>95</sup>**

(\$9.99 value)

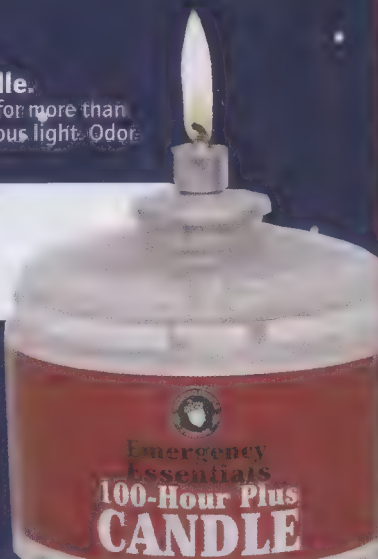
4E1-CL-F509

## 100-Hour Plus Emergency Candle.

Burns liquid paraffin for more than 100 hours of continuous light. Odorless and smokeless.

**4<sup>50</sup>**

4E1-CL-C700



## High Uinta Gear™ Endurance™ Headlamp.

- 10 LEDs light bulbs
- Elastic head strap
- More than 17 hours of light with 3 "AAA" batteries (sold separately)

**5<sup>95</sup>**

(\$12.99 value)

4E1-CL-F412





# Emergency Warmth

ALSO GREAT FOR OUTDOOR WINTER SPORTS & ACTIVITIES!



Buy 1-4  
**2<sup>95</sup>**  
(\$7.95 value)  
4E1-CW-W500

Buy 5+  
**2<sup>50</sup>**  
EACH

## HOTSPOT® Reusable Hand Warmer.

- Easy to use, just flex metal disc and knead to intensify the heat.
- Add to your emergency plan or use during cold weather or outdoor activities.
- Heat lasts up to 2 hours per use.

## SEE THE VIDEO

Visit  
BEPREPARED.COM/HOTSPOT  
to see a demonstration on the  
HOTSPOT™

**Keep warm  
during the  
cold season!**



## Warmth Emergency Kit.

Kit includes:  
6 Hand & Body  
Warmers  
4 Adhesive Body  
Warmers  
2 Hand Warmers

**8<sup>99</sup>**  
SALE!  
(\$14.92 value)  
4E1-CW-W150

## Emergency Warmth.

Simply unseal to add comfort and protection from injury and frostbite. An essential for every emergency and first aid kit.



EMERGENCY WARMTH	Item Number	Hours of Warmth	Price
Hand & Body Warmers (Single)	4E1-CW-W110	18	\$1.00
Hand Warmers (2-Pack)	4E1-CW-W100	8	\$1.00
Adhesive Toe Warmers (1 Pair)	4E1-CW-W105	5	\$1.25
Adhesive Body Warmers (Single)	4E1-CW-W120	12	\$1.50

## Indoor-Safe Propane Heaters



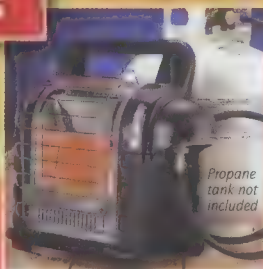
**SPECIAL  
SALE  
PRICE THIS  
MONTH**



**20 lb. Tank Adapter Hose.**  
Connect Big or Portable Buddy to a 20 lb. propane tank.

5-Footer Hose  
**21<sup>95</sup>**  
4E1-CK-H805

12-Footer Hose  
**29<sup>95</sup>**  
4E1-CK-H812



Propane tank not included

### Mr. Heater Big Buddy.™

- 4,000, 9,000 or 18,000 BTUs per hour
- Heats up to 400 square feet of space for up to 220 hours (on low) with a 20 lb. cylinder using optional hose
- Internal blower fan distributes heat
- Low-oxygen shut-off sensor and tip-over shut-off switch

**136<sup>99</sup>**  
SALE!  
(MSRP \$196.10)  
4E1-CK-H900

### Big Buddy & 5-Footer Adapter Hose Combo.™

**153<sup>99</sup>**  
SALE!  
(\$116.05 value)  
4E1-CK-H1901

Purchase a  
heater  
and Hose  
Adapter  
together and  
save!

### Portable Buddy & 5-Footer Adapter Hose Combo.™

**111<sup>95</sup>**  
(\$159.95 value)  
4E1-CK-H801

### Fuel Filter.

For use with Mr. Heater bulk tank hoses to keep the fuel line clean.

**9<sup>95</sup>**  
4E1-CK-H820

### Mr. Heater Little Buddy.™

- 3,800 BTUs per hour
- Provides continuous heat for up to 5 1/2 hours
- Piezo ignition start
- Low-oxygen shut-off sensor and tip-over shutoff

**69<sup>95</sup>**  
4E1-CK-H830

### Mr. Heater Portable Buddy.™

- 4,000 or 9,000 BTUs/hour
- Heats up to 200 sq. feet
- Internal blower fan distributes heat
- Low-oxygen shut-off sensor and tip-over shut-off switch
- Certified safe by CSA International
- Can be wall-mounted

**94<sup>95</sup>**  
(MSRP \$140.00)  
4E1-CK-H800

\*Prohibited from sale and delivery into the state of Massachusetts. Propane tanks are not included.



## Tube Tent.

- Can fit up to two adults
- Eight feet long
- Includes rope
- Lightweight
- Reusable

**3<sup>95</sup>**

(*\$6.95 value*)  
4E1-CT-2010



# Weather Protection

## Reinforced Blue Poly Tarps.



7' x 9'  
**3<sup>50</sup>**

4E1-CT-T002

8' x 10'  
**4<sup>95</sup>**

4E1-CT-T020

12' x 16'  
**12<sup>95</sup>**

4E1-CT-T015

16' x 20'  
**20<sup>95</sup>**

4E1-CT-T025

## Emergency Sleeping Bag.

Measures 84" x 36". Reflects up to 80 percent of radiated heat. A must for kits.

**3<sup>50</sup>**

(*\$5.95 value*)  
4E1-CW-B090



## Emergency Blanket.

Measures 84" x 52". Reflects up to 80 percent of radiated body heat. A must for kits.

**1<sup>25</sup>**

(*\$1.95 value*)  
4E1-CW-B010



## Emergency Poncho.

Lightweight and reusable. Includes hood. One size fits most.

**75¢**

(*99¢ value*)  
4E1-CW-P100

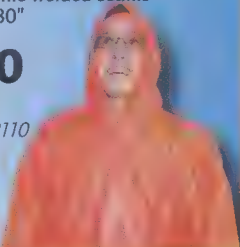


## PVC Poncho with Hood.

- Waterproof
- Electronic welded seams
- 50" x 80"

**3<sup>50</sup>**

4E1-CW-P110



## Sportsman Hooded Blanket/Poncho.

- Made of materials developed for NASA
- Retains up to 90 percent of radiated body heat
- 60" x 84"
- 12 oz.

## Wool Blend Blanket.

- 65% wool, 35% synthetic fiber
- Great for autos and kits
- 80" x 60"

## All Weather Blanket.

- Waterproof/Windproof
- Captures and retains up to 90% of body heat
- Radar reflective emergency signal
- Heat reflector
- 12 oz.
- 60" x 84"



**14<sup>95</sup>**

4E1-CW-P250



**14<sup>95</sup>**

(*\$16.00 value*)  
4E1-CW-B100



**12<sup>95</sup>**

4E1-CW-B250

(Colors may vary)



# Fire Starters

## Fired Up! Emergency Fuel & Fire Starter

- 30+ year shelf-life
- Ideal for lighting a campfire & charcoal
- No kindling required and is water repellent
- Two cups burn for approximately 1 1/2 hour (with periodic stirring)
- A safe and reliable fuel source for cooking or heating in emergency situations
- One cup will boil two cups of water in approx. ten minutes
- No harmful chemicals

**IN-A-BUCKET**  
(4-Gallon Bucket with lid)

**47<sup>95</sup>**

4E1-CL-S095

**IN-A-CAN**  
(Sealed #10 Can)

**11<sup>95</sup>**

4E1-CL-S090



## Kelly Kettle Base Camp.



Large  
Stainless Steel  
**79<sup>99</sup>**

(MSRP \$84.99)  
4E1-CK-K700

Large  
Aluminum  
**62<sup>99</sup>**

(MSRP \$69.99)  
4E1-CK-K600

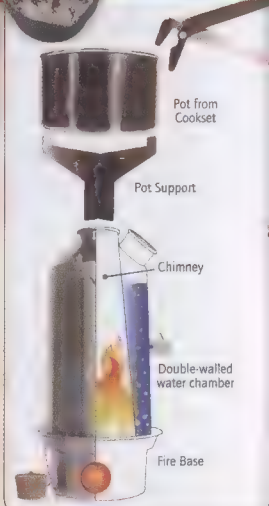
## Kelly Kettle.

- Boils 54 fluid oz. in 3 to 5 minutes
- Comes in either Stainless Steel or Aluminum
- No gas or liquid fuel required
- Use Fired Up! Emergency Fuel & Fire Starter (above), kindling or charcoal

## Kelly Kettle Pot Support.

**5<sup>99</sup>**

4E1-CK-K050



## COMBINE AND SAVE!

### Kelly Kettle Base Camp Combo.

- Includes:
- Kelly Kettle Base Camp
- Cookset
- Pot Support
- Fired Up! Emergency Fuel & Fire Starter #10 can



Large Stainless Steel

**109<sup>95</sup>**

(MSRP \$127.92)  
4E1-CK-K750

Large Aluminum

**99<sup>95</sup>**

(MSRP \$112.92)  
4E1-CK-K650

## Kelly Kettle Cookset.



**24<sup>99</sup>**

4E1-CK-K150

## Spark Lite Fire Starter.

Eight tinder tabs  
Up to 1,000 sparks

**5<sup>99</sup> SALE!**

4E1-CL-S020

**SPECIAL SALE**  
PRICE THIS MONTH

## Windproof/Waterproof Matches.

Designed to light in more adverse conditions.



About 25 matches per box

**2<sup>95</sup>**

4E1-CL-M400

## Strikemaster H-25 Firestarter.

Uses magnesium to help start a fire in an emergency. Gets to 25,000 strikes.

**12<sup>95</sup>**

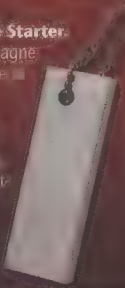
(\$14.95 value)  
4E1-CL-S015

## Block Magnesium Fire Starter.

- The fire starter uses magnesium as a flame source
- 5400 ft
- Sufficient shavings to start dozens of fires
- Ideal for preparedness kits, backpackers, hunters and fishermen

**5<sup>95</sup>**

4E1-CL-S009



## Waterproof Matches.

Formulated to light in wet conditions.



**95¢**

4E1-CL-M100

About 45 matches per box





**Heat Cell  
& Single Burner  
Folding Stove Combo**  
Includes two cans of Heat  
Cell Fuel and one Flat-fold  
Stove

**13<sup>99</sup>**  
**SALE!**

4E1-CK-S170

**3<sup>95</sup>**  
4E1-CK-S160

**SPECIAL  
SALE**  
PRICE THIS  
MONTH

**Folding Stove  
with Fuel Tablets**



**5<sup>95</sup>**  
(\$6.99 value)  
4E1-CK-S095

# Portable Stoves

**Cookbook &  
Technical  
Manual for  
Volcano II.**

**19<sup>95</sup>**

4E1-EB-F590



**Handy Handle  
for Volcano II.**

- Combination lid lifter & holder
- Hang a dutch oven lid on the side of Volcano Stove

**9<sup>95</sup>**

4E1-CK-S592



**Volcano II Lid.**

- Traps heat to create a convection oven
- Cooks & bakes evenly

**24<sup>95</sup>**

4E1-CK-S593



**Flexible Skewers.**

- 22" long stainless steel - will not rust
- Dishwasher safe

**11<sup>95</sup>**

4E1-CK-S594



**Propane  
Attachment  
for Volcano II.**

**58<sup>95</sup>**

4E1-CK-S591



**Volcano II Collapsible Stove.**

Great for cookouts, camping, or emergency cooking.

- **Tri-fuel Stove:** Uses charcoal, wood, or propane\* Changes easily between each of the fuel sources
- **Versatile Cooking Options:** Grill right on the stove, or use a skillet, griddle, pot, or wok. Also great for 10-12" Dutch ovens
- **Patented Heat Chamber:** Cook a meal with as few as 12 briquettes
- **Double Wall Construction:** Minimizes heat transfer. Much safer for small children
- **Collapsible:** Collapses to only 5.5" tall for easy storage. Comes with a storage bag



**Volcano II Stove with  
Propane Attachment.**

**139<sup>95</sup>**

(MSRP \$154.95)

4E1-CK-S595



**Volcano II Stove without  
Propane Attachment.**

(Fired Up!  
Wood & Charcoal Only)

**98<sup>95</sup>**

(MSRP \$104.95)

4E1-CK-S590



**SEE THE VIDEO**  
Visit  
[BEPREPARED.COM/VOLCANO](http://BEPREPARED.COM/VOLCANO)  
to see a demonstration on the  
VOLCANO II STOVE

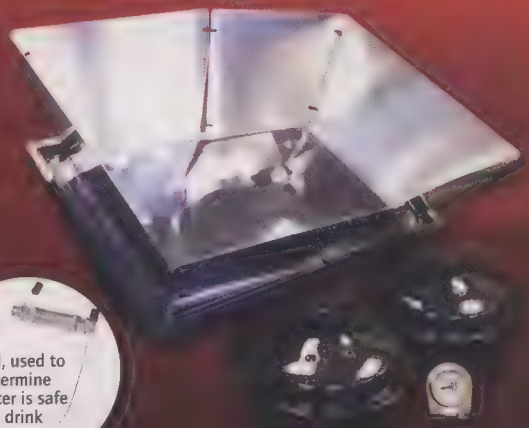
\*Propane attachment included in  
combo or sold separately.

## Sport Solar Oven Combo.

- Use the power of the sun to cook in an emergency or for any other everyday use
- Large capacity - holds 2-3-4 Qt. pots
- Long-lasting and efficient
- Highly weather resistant
- Complete kit: oven, 2 pots, thermometer, manual, recipe booklet, WAPI (water pasteurization indicator) and solar reflector
- Lightweight - 10 pounds

**199<sup>95</sup>**

4E1-CK-O400



WAPI, used to  
determine  
if water is safe  
to drink

Learn more at [BePrepared.com/SolarOven](http://BePrepared.com/SolarOven)

**Use the power of the  
sun to cook your food!**



# Emergency & Outdoor Sanitation



**Double Doodie™ Bags (Box of 6).**  
Inner waste bag and outer leakproof bag.  
Bio-Gel reduces odor and solidifies waste.

**16<sup>95</sup>**  
4E1-CH-T006

*For use with our buckets  
(see page 49)*



**Double Doodie™ Plus Bags with Bio-Gel (Box of 6).**  
These bags are larger than the original Double Doodie bags and can fit on a household toilet in an emergency.

**27<sup>95</sup>**  
4E1-CH-T010



**Tote-able  
Toilet™ Seat & Lid.**  
**8<sup>95</sup>**

(\$11.95 value) 4E1-ZK-X115

**ReadyBath™.** A body cleansing system.  
Eight wipes included.

*Ideal for your  
emergency kits!*

**1<sup>95</sup>**  
4E1-CH-B100

**Enzyme 300.**  
Breaks down and deodorizes  
the waste in your portable  
toilet.

**60¢**  
4E1-ZK-X100

**Family Sanitation Kit.**  
Specially made for a family of  
four. Contains bathing, dental  
and basic toilet hygiene items.

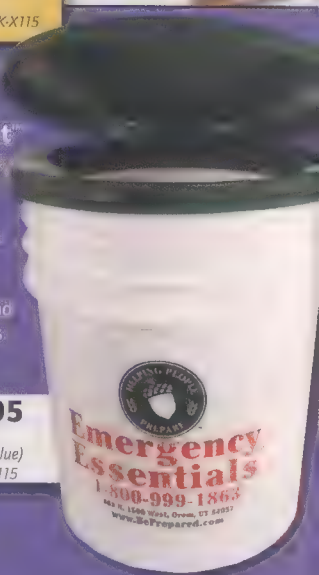
**50<sup>95</sup>**  
4E1-CH-S650

**Tote-able Toilet™  
with 2 Enzyme  
Packets.**

One of the basic  
sanitary necessities.  
Includes 5-gallon  
bucket. Tote-able  
Toilet Seat & Lid, and  
two enzyme packets.

**14<sup>95</sup>**  
(\$19.99 value)  
4E1-CH-T115

CONTENTS*	Qty
6-Gallon Bucket	1
Tote-able Toilet™ Seat & Lid	1
Toilet Paper Roll	4
Double Doodie™ Waste Bags (Box of 6)	1
EPI-CLENZ® Plus Hand Antiseptic	1
Fresh n' Go™ Toothbrush	4
ReadyBath™ Packet	3



## Privacy Pop-Up Tent.

This privacy shelter is a useful  
addition to your emergency  
plan and outdoor activities.

- Dimensions: 71" x 44" x 44"
- Easy set up and take down
- Lightweight and easily trans-  
portable

**49<sup>95</sup>**  
4E1-CH-S050

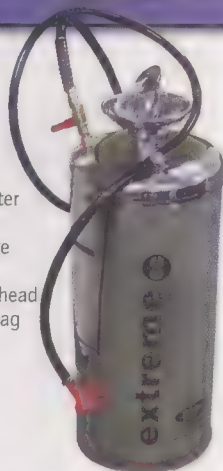
## Zodi Extreme Portable Hot Shower.

Have a nice, hot and pressurized  
shower whenever you like.

- Convenient
- Durable 3 gallon Stainless Steel water  
tank
- Rugged multi-purpose propane stove  
(fuel not included)
- Water-saving hot tap water shower head  
and a convenient padded storage bag

**151<sup>95</sup>**  
4E1-CH-S550

For more information visit  
**BePrepared.com/Zodi**



## NEW! Zodi Extreme Shower Pole.

- Sets up in seconds and holds your Hot Tap shower-  
head for convenient hands-free showering
- Adjustable height
- Shower hose and head shown in photo sold sepa-  
rately (included in the product above)

**33<sup>20</sup>** (\$34.95 value)  
4E1-CH-S551





# Safety & Hygiene

**N95 Particulate Respirator Masks (Box of 20).** Designed for infection control in the health care industry. When worn properly, the mask will help minimize contamination by microorganisms exhaled by others. Meets CDC Guidelines for TB Exposure Control.  
(Manufacturer & Appearance may vary)

**14<sup>95</sup>**

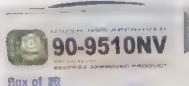
(\$29.99 value)  
4E1-MP-G020

**Valved N95 Respirator Masks (Box of 10).**

- Exhalation valve
- Easier breathing/speaking
- NIOSH N95 approved
- Contour fit design
- Meets CDC guidelines for TB exposure control

**12<sup>95</sup>**

4E1-MP-G010



**BZK Antiseptic Towelette.**

- Clean wounds, cuts and scrapes
- Individually sealed
- Contains benzalkonium chloride to help prevent infections

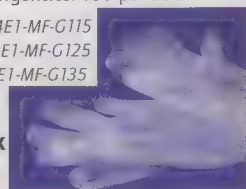
**5<sup>c</sup>**

4E1-ZF-T120

**Vinyl Exam Gloves (Box of 100).** Great for a variety of uses, including first aid in emergencies. 100 per box.

- Small.....4E1-MF-G115
- Medium.....4E1-MF-G125
- Large.....4E1-MF-G135

**5<sup>95</sup>**  
PER BOX



**Mobile Washer.**

- (Hand Operated Washing Machine)
- Uses a technique of pushing and pulling the water through the clothes to clean them
- Uses minimal water and because of the agitation motion, less soap
- Able to rinse your clothes using fresh water

**14<sup>95</sup>**  
EACH

4E1-MC-W050

**SEE THE VIDEO**

Visit  
[BEPREPARED.COM/MOBILEWASHER](http://BEPREPARED.COM/MOBILEWASHER)  
to see a demonstration on the  
**MOBILE WASHER**  
See how simple & effective it is!

Use with our Buckets  
(Sold Separately See Page 19)

**Wonder Clean Washer.**

A 15-quart capacity to wash up to three shirts. Add soap and hot water and operate washer by hand. Great for emergencies.

**42<sup>99</sup>**  
SALE!

4E1-MC-W100

**SPECIAL  
SALE**  
PRICE THIS  
MONTH



**Deluxe Sanitation & Water Kit.**

The metallized bag can store up to 5 gallons of water for either drinking or sanitation. The sturdy box makes it easy to store, transport, and also converts into a toilet to meet your basic sanitation needs.

Buy 1-11  
**7<sup>95</sup>**  
EACH

(\$9.60 value)  
4E1-KW-S200

Buy 12+  
**7<sup>00</sup>**  
EACH

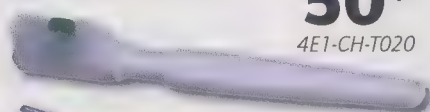
CONTENTS	Qty
Metallized Water Bag	1
Storage Box	1
Piece of Tape	4
Roll of Toilet Paper	1
Enzyme Packet	1
Trash Bag	1
Instructions	1

**SmileSaver® Toothbrush.**

Comes with its own toothpaste. Sealed in a disposable bag for safe and clean storage.

**50<sup>c</sup>**

4E1-CH-T020



**Fresh & Go™ Toothbrush.**

Twist knob for toothpaste. Good for up to 30 uses. Snap-on cover.

**2<sup>50</sup>**  
EACH

Meets airline safety requirements (\$3.99 value)  
4E1-CH-T500





# Water Storage

## Water Storage Barrels.

Plastic water barrels are one of the easiest, most efficient ways to maintain your stationary\* water storage supply.

- 55 gallons of water can sustain four people for up to 14 days
- Our barrels are made with all food-grade materials
- Dark blue color restricts light & helps prevent algae growth
- Remember to include a way to access your water; see options on this page and on the opposite page

No additional shipping charges beyond our usual rates!

Emergency Essentials  
1-800-9  
www.BePrepared.com

55-Gallon Barrel

**75<sup>95</sup>**

(\$99.95 value)  
4E1-WS-B700

30-Gallon Barrel

**64<sup>95</sup>**

(\$69.95 value)  
4E1-WS-B400

15-Gallon Barrel

**44<sup>95</sup>**

(\$49.95 value)  
4E1-WS-B100

Make your barrel purchase a combo and **SAVE!** Includes Emergency Siphon and Barrel Buddies II



15-Gallon Barrel Combo.

**57<sup>95</sup>**

(\$74.85 value)  
4E1-WS-B101

30-Gallon Barrel Combo.

**77<sup>95</sup>**

(\$94.85 value)  
4E1-WS-B401

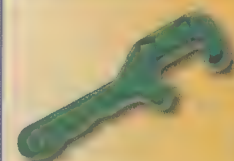
55-Gallon Barrel Combo.

**88<sup>95</sup>**

(\$124.85 value)  
4E1-WS-B701

**BUY MORE 55-GALLON BARRELS & SAVE!**

4-7 **70<sup>95</sup>** EACH  
8+ **66<sup>95</sup>** EACH



### Bung & Bucket Opener.

Opens buckets and has fittings to open 2-inch and 3/4-inch barrel bungs. A great 2-in-1 tool.

**4<sup>95</sup>**

(\$8.95 value)  
4E1-MS-L500



### Barrel Buddies II.

This unit opens your barrel bungs and shuts off your gas also!

**6<sup>95</sup>**

(\$9.95 value)  
4E1-MS-L300

### AQUAMIRA™ Chlorine Dioxide Water Treatment.

Used as an extremely versatile water treatment for use in containers filled to protect water against bacterial growth. AQUAMIRA™ may also be used to treat existing stored water supplies to refresh water quality and enhance taste.

- Treats up to 60 gallons of water
- Preserves water for up to 5 years in properly stored container
- No aftertaste

**13<sup>99</sup>**

SALE!  
4E1-WS-T100  
Now available for California residents!



**SPECIAL SALE**  
PRICE THIS MONTH

### Drinking Water Safe Hose.

Use this hose to fill up your water containers because it is made of material for safe drinking water.

- 10-year warranty against defects, under normal use
- 1/2-inch diameter with a high burst strength
- Easy-to-attach coupler

**15<sup>95</sup>**

25-Foot Hose  
4E1-WS-H025

**24<sup>95</sup>**

50-Foot Hose  
4E1-WS-H050



You'll only pay \$6, \$9, or \$12 per order

\*Within the 48 contiguous states only. Shipping rates are \$6 for orders up to \$60, \$9 for orders between \$60 and \$120, and \$12 for any order over \$120, regardless of the size!



## Reliance Water Containers.

Made of rugged, high-impact polyethylene with a handle, you can transport your water anywhere. These containers are also great to store water. Includes a rideaway spigot with on/off tap to make accessing and using your water easy. 5-year warranty from manufacturer. BPA Free.

### Aqua Pak 5-Gallon Water Container.

**13<sup>95</sup>**

4E1-WS-B080



### Aqua-Tainer 7-Gallon Water Container.

**16<sup>95</sup>**

4E1-WS-B087



### Life Guard 7-Gallon Water Container & Bacteria Filter.

**45<sup>95</sup>**

4E1-WS-B095



### Life Guard Bacteria Filter.

Filters up to 200 gallons at .3 microns

**29<sup>95</sup>**

4E1-WS-B091



Works with any of our Reliance Water Containers



**5-Gallon Water Jug.** Makes it easy to store, move, rotate, and use water. The screw-on cap keeps it fresh and prevents leaking. Plastic handle makes it easy to carry or move. BPA Free.

### 5-Gallon Water Jug.

**9<sup>95</sup>**

4E1-WS-J100

### Spigot for 5-Gallon Water Jug.

**1<sup>50</sup>**

4E1-WS-J101

**Boxed Water Kits.** When an emergency requires you to evacuate, water may be - besides your family - the most important item to take with you. These portable kits can be loaded in your vehicle during an emergency evacuation.

- Each box when filled weighs 40 lbs
- Heavy-duty boxes are **stackable up to three high** to save space
- Each box includes its own **metallized five-gallon water storage bag with pour spout**
- Storage boxes can be converted into portable toilets as needed

#### CONTENTS

Metallized Water Bag	5	20
Storage Box	5	20
Piece of Tape	15	60
Instructions	1	1

#### 25-Gallon Kit

**30<sup>99</sup>** SALE!

(\$42.00 Value)

4E1-KW-S100

#### 100-Gallon Kit

**114<sup>99</sup>** SALE!

(\$168.00 value)

4E1-KW-S500



**SPECIAL SALE**  
PRICE THIS MONTH



### Emergency Siphon.

This simple siphon is an easy, efficient way to remove water from your storage barrel when you need it.

- Lets you **siphon water, gasoline, and other liquids** with ease
- Includes a **7' clear plastic siphon tube** that can be extended (see siphon hose adapter on right)
- Packaged in a **resealable zip-top storage bag**

**8<sup>95</sup>**

(\$14.95 Value)

4E1-WS-S105

#### SEE THE VIDEO

Visit

[BEPREPARED.COM/SIPHON](http://BEPREPARED.COM/SIPHON)

to see a demonstration on the

**EMERGENCY SIPHON**

See how simple & effective it is!

### Siphon Hose Adapter.

Lets you extend your Emergency Siphon hose by attaching it to a typical garden hose fitting.

**2<sup>95</sup>**

4E1-WS-S104







**SPECIAL  
SALE**  
PRICE THIS  
MONTH

### Katadyn Gravidyn Drip Filter.

- No-pump gravity filter
- Provides drinking water for families, groups and camps
- 2.5-gallon water container that can filter up to 43,000 gallons
- Filters at .2 microns
- Includes 3 ceramic filters and carbon for chemical reduction and improved taste

**199<sup>99</sup>**  
**SALE!**

(Reg. \$219.95)  
4E1-WP-F820

**Gravidyn  
Replacement Element.**  
**59.95** 4E1-WP-F825



### AQUAMIRA™ Frontier Emergency Water Filter.

- Removes 99.9% of Giardia and Cryptosporidium
- Weighs less than 1 oz
- Compact, ideal for hiking, traveling and emergency kits

**9<sup>95</sup>**

(\$14.99 value)  
4E1-WP-T155



### Water Bottle.

These clear bottles are great for carrying water. BPA Free. Hand wash only. 32 oz.

**3<sup>95</sup>**

(\$6.95 value)

**Red.....**4E1-WS-B450  
**Blue.....**4E1-WS-B500  
**Yellow.....**4E1-WS-B600  
**Green.....**4E1-WS-B650



### Katadyn® Expedition Water Filter.

A water filter designed to provide safe, clean and fresh-tasting water quickly and to a significant number of people. The Katadyn Expedition is great for families, neighborhoods, church groups, businesses, or schools. It can fill a 2-liter bottle in 30 seconds.

- Provides approximately 1 gallon of filtered water per minute
- Direct attachment to the most popular water bottles
- Filters up to 26,000 gallons per cartridge
- Includes the prefilter and a carrying case
- Weighs 11.5 lbs and is 31" x 3"
- Filters at .2 micron to remove bacteria & protozoa, including Giardia and Cryptosporidium

**SPECIAL  
SALE**  
PRICE THIS  
MONTH

**1124<sup>99</sup>**  
**SALE!**

4E1-WP-F710

**SPECIAL  
SALE**  
PRICE THIS  
MONTH

**Katadyn Expedition  
Replacement Filter.**  
**179.99 SALE!** 4E1-WP-F711





# Water Filters, Treatment & Storage

## Canned Drinking Water.

It is important to have a reliable source of clean water in case of emergencies.

- One case will make 57 5-oz baby bottles (apx. 1 week's worth)
- Store and carry safe water easily
- Process eliminates harmful microorganisms
- Each can contains 24 FL OZ
- Specially designed to have a 30+ year shelf-life

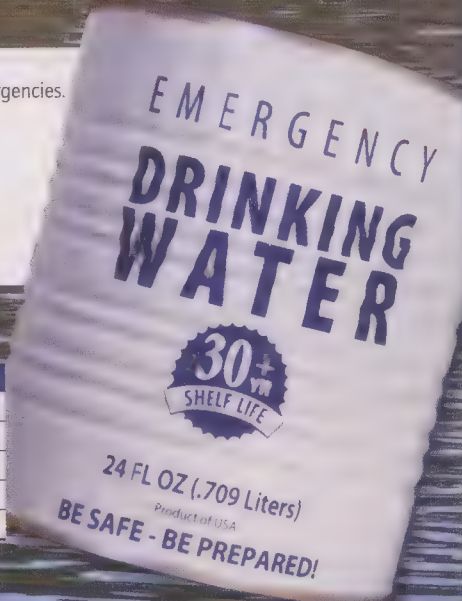


For more information visit  
[BePrepared.com/DrinkingWater](http://BePrepared.com/DrinkingWater)

According to FEMA\* a normally active person needs at least 1/2 gallon of water daily just for drinking.

Canned Water	Item Number	# of Cans	Price
Individual Can of Drinking Water	4E1-WS-P600	1	\$4.50
Case of Drinking Water	4E1-WS-P601	12	\$51.00
One Month Supply of Drinking Water	4E1-WS-P602	84	\$349.95
Six Month Supply of Drinking Water	4E1-WS-P603	492	\$1,999.95
One Year Supply of Drinking Water	4E1-WS-P604	984	\$3,699.95

\*[fema.gov/plan/prepare/water#0](http://fema.gov/plan/prepare/water#0)



## Water Pouch.

- 4.2 oz. of water
- Can be frozen for use as an ice pack

**35¢**

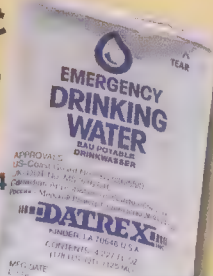
4E1-WS-P100

SAVE BY THE CASE!

Case of 64

**19<sup>95</sup>**

(\$22.40 value)



## Aqua Blox.

- 8.45 oz. of water
- Best used within five years

**85¢**

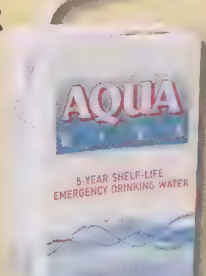
4E1-WS-P400

SAVE BY THE CASE!

Case of 27

**19<sup>95</sup>**

(\$22.95 value)



## Aqua Literz.

- 33.8 oz. of water
- Great for family storage

**2<sup>95</sup>**

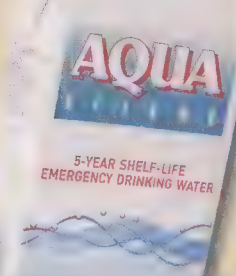
4E1-WS-P500

SAVE BY THE CASE!

Case of 12

**30<sup>00</sup>**

(\$35.40 value)



## ASAP Silver Solution.

A silver solution that has a patented process of turning the small, bacteria-killing particles of silver into a safe, highly effective liquid.

- Metallic silver is a natural antibacterial agent for wound care, and water treatment
- Killed all the bacteria in filtered raw river water in less than 20 minutes
- Proven safe in 20 different safety studies
- Completely non-toxic

8 oz. Bottle of ASAP Solution

**12<sup>99</sup> SALE!**

(\$25.00 value)

4E1-WP-S800

SPECIAL SALE PRICE THIS MONTH

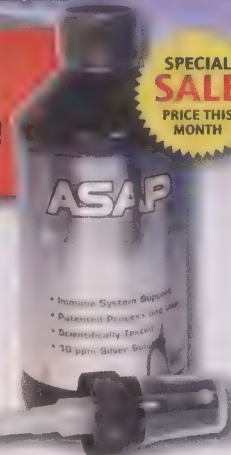
Visit [amsilver.com](http://amsilver.com) for more information and uses.

## Pump Attachment.

**1<sup>50</sup>**

(\$2.50 value)

4E1-WP-S820



## Katadyn Micropur MP1.

EPA registered as a water purifier tablet

- Treats: Cryptosporidium, Giardia, bacteria, and viruses
- One tablet of Micropur treats one quart of water

20-Pack

**8<sup>95</sup>**

(\$9.95 value)

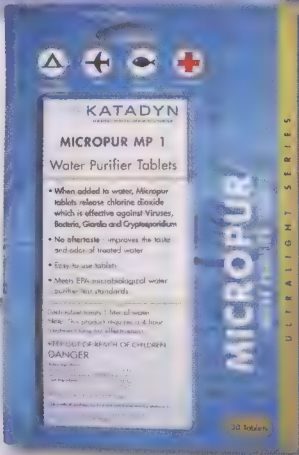
4E1-WP-T151

30-Pack

**12<sup>95</sup>**

(\$13.95 value)

4E1-WP-T150





# Kitchen Processing

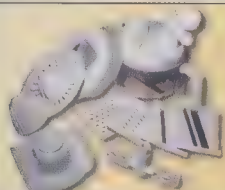


## Vortex Hand-Crank Blender.

- Compact, nesting storage design
- 1.5-liter BPA-Free resin pitcher
- Powerful, two-speed gear system and stainless steel blades
- Will secure onto most flat surfaces using a C-clamp

**89<sup>95</sup>**

4E1-FP-B300



## Kitchen Plus 2000.

Dozens of uses in one implement. Includes storage bowl and lid.

**16<sup>95</sup>**

4E1-SD-K500



## SAF Instant Premium Yeast.

- 15-30% faster fermentation
- More active than other instant yeasts
- 5-year shelf-life if stored in a freezer

**4<sup>95</sup>**

4E1-FP-Y110



## Dough Enhancer.

Makes breads lighter and fluffier. 17 oz in a #2.5 can.

**4<sup>49</sup>**  
SALE!

4E1-FP-E110

Buy 6+

**4<sup>29</sup>**  
EACH

*A great way to make better bread at home*

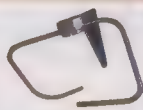
## Bosch Universal Plus includes



Spatula



Wire Whips



Dough Hook

## Bosch Universal Plus Mixer.

- Features a powerful 800-watt motor
- 6.2-liter bowl lets you mix large batches
- Great stability with horizontal design
- Includes plastic spatula, twin beating whisks, dough hook, and a large bowl with a no-spill locking lid

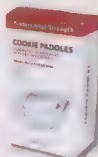
**399<sup>99</sup>**

(MSRP \$479.99)

4E1-FP-M900

*Special catalog price*

# Bosch Universal Plus Mixer Attachments



## Cookie Paddles.

For use with older Bosch Universal Kitchen machines or the Universal Plus

(Combined with metal whip driver. Sold Separately - see below)

**22<sup>99</sup>**

4E1-FP-M602

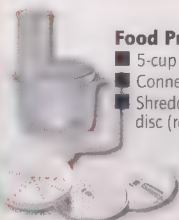


## Metal Whip Driver.

For use with Cookie Paddles for Universal Plus.

**19<sup>99</sup>**

4E1-FP-M902



## Food Processor Attachment.

- 5-cup bowl
- Connects to blender drive
- Shredding/grating and slicing disc (reversible for fine or coarse)

**104<sup>99</sup>**

(\$109.95 value)

4E1-FP-M603



## Meat Grinder Attachment.

- Process raw or cooked meat, bacon, poultry, fish, vegetables, and cheese
- Able to process about 4 lbs of meat per minute

**145<sup>99</sup>**

(\$159.95 value)

4E1-FP-M910

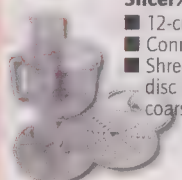


## Blender for Universal Plus.

- Clear marking measurements of pints and cups
- Tight fitting lid to prevent spills

**69<sup>99</sup>**

4E1-FP-M905



## Slicer/Shredder Attachment.

- 12-cup bowl
- Connects to base drive
- Shredding/grating and slicing disc (reversible for fine or coarse)

**119<sup>99</sup>**

4E1-FP-M604

## Mini Dough Hook for Shredder Slicer.



**19<sup>99</sup>**

4E1-FP-M925

## Bowl Scraper for Universal Plus.



**34<sup>99</sup>**

4E1-FP-M920

*See more Kitchen Accessories on pages 47-49*



## Hand Grain Mills

A simple way to convert your stored grains into wholesome flour to stretch wheat, rye, or oatmeal. A versatile mill that makes delicious meals even when the power is out.

### Marga Roller Mill.

- Roll fresh cereal flakes from oats, wheat, and rye
- Mills coarse flour from grains

**119<sup>95</sup>**

4E1-FP-M510



### WonderMill Junior Deluxe.

- Both stone and stainless steel burrs
- Heavy-duty double clamp attaches to tables & counters
- Limited lifetime warranty from manufacturer
- Ability to grind a variety of grains, legumes, nuts, and more, into fine flour or coarse cereals

**219<sup>95</sup>**

4E1-FP-M530



## Victorio Hand Grain Mills.

- Fine to coarse settings
- Mills approximately 1/4 to 1/2 cup flour per minute
- Grinds wheat, rice, oats, barley, non-oily seeds and spices
- Great for cracked wheat cereal

### Hand Grain Mill.

**SPECIAL SALE**  
PRICE THIS MONTH

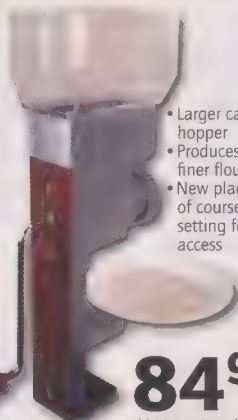
**54<sup>99</sup> SALE!**

(\$79.99 value)

4E1-FP-M150



### NEW! Deluxe Grain Mill.



- Larger capacity hopper
- Produces a finer flour
- New placement of course setting for easy access

**84<sup>95</sup>**

(\$119.99 value)

4E1-FP-M175

## Home Grain Mills

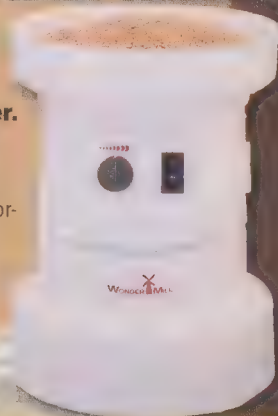
### WonderMill Wheat Grinder.

A mill that adjusts from coarse to fine at the touch of a dial. Requires minimal cleaning, and features a detachable 12-cup storage canister that is dishwasher safe. Limited lifetime warranty.

**259<sup>95</sup>**

(Reg. \$269.95)

4E1-FP-M560



### NEW! WonderMill Flour Bagger.

For the WonderMill Wheat Grinder this clean and easy way to bag your flour includes the bagger and 100 bags.

**29<sup>95</sup>**

4E1-FP-M565



### Nutrimill Wheat Grinder.

Low-temperature grinding to help preserve nutrients. Super-fine to coarse textures with variable, high speed mill motor. Lifetime manufacturer's warranty.

**259<sup>99</sup>**

(\$289.99 value)

4E1-FP-M599



**Special catalog price**

### The Amazing Wheat Book.

More than 200 pages of recipes and tips for using wheat by LeArta Moulton.

**14<sup>95</sup>**

(\$15.95 value)

4E1-EB-F020



### Wheat Cookin' Made Easy DVD.

50 minutes of demonstrations and ideas on using wheat by Pam Crockett.

**7<sup>95</sup>**

(\$11.99 value)

4E1-EV-D115



### Wheat Cookin' Made Easy Book.

Recipes for making bread, cereal, pasta and more using wheat. 298 pages by Pam Crockett.

**18<sup>95</sup>**

4E1-EB-W350





# Kitchen Accessories



## 921 All-American Pressure Cooker/Canner.

- 21.5-Quart liquid capacity pressure cooker, holds - 7 Quart or 19 Pint Jars
- Includes 2 canning racks

**224<sup>95</sup>**

(MSRP \$384.00)  
4E1-FP-P021



## 930 All-American Pressure Cooker/Canner.

- 30-Quart liquid capacity, holds - 14 Quart or 19 Pint Jars
- Includes 2 canning racks

**284<sup>95</sup>**

(MSRP \$451.00)  
4E1-FP-P030

These cookers/canners are built to last through years of use. Made of extra heavy duty aluminum.

- Exclusive metal-to-metal seal - no gaskets to crack, burn, replace or clean
- Automatic overpressure release
- Pressure regulator weight with settings of 5, 10, and 15 psi
- Stay-cool bakelite top handle
- Double thickness edges for additional protection on points of heaviest wear
- Made in the U.S.A., 1-year limited warranty

*Note: Not suitable for glass/flat top ranges*



## L'Equip Deluxe Food Dehydrator.

Commercial-strength, computer-controlled drying with one of the fastest times available. Six mesh trays, six rectangular screens, and two fruit leather trays included. 12-year manufacturer's warranty.

**119<sup>99</sup>**

(MSRP \$129.99)

Gray Model 4E1-FP-D800

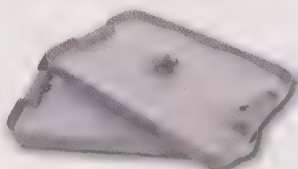
White Model 4E1-FP-D801

**Add-on Trays (2-Pack).** Boost your unit's capacity.

**19<sup>99</sup>**

Gray 4E1-FP-D810

White 4E1-FP-D811



**Fruit Leather Trays (10-Pack).** Reusable trays perfect for foods that drip or that are sticky.

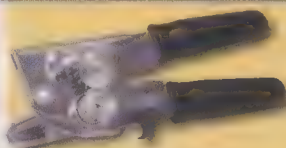
**7<sup>99</sup>** 4E1-FP-D830



## Mesh Screens (2-Pack).

Polypropylene inserts for easier clean-up.

**3<sup>99</sup>** 4E1-FP-D820



## Heavy Duty Swing-A-Way® Can Opener.

Hardened, sharpened high-carbon cutting wheel. Five-year warranty from manufacturer.

**8.95** 4E1-FP-C010



## P-38 Can Opener.

Small (1 1/2" x 1/2") and lightweight, yet powerful enough to open cans. Great for emergency kits to add as a backup.

**50¢** 4E1-CK-0010



## American Harvest Snackmaster Express FD-60.

- Dehydrate fruits, vegetables and meat for jerky
- 500 watts of drying power and a top mounted fan
- Comes with 4 trays and is expandable up to 12
- Dries food in hours

**64<sup>95</sup>**

4E1-FP-D060



## Add-a-Tray.

Expand your dehydrator up to 12 trays.

**11<sup>95</sup>** 4E1-FP-D065

## Fruit Roll Sheet.

**5<sup>95</sup>** 4E1-FP-D055



## Clean-a-Screen.

**5<sup>95</sup>** 4E1-FP-D050





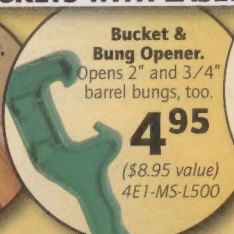
**Storage Buckets.** These storage buckets allow you to store bulk grains, cereals, flour, sugar and a wide array of other household items you want to keep dry. **Quantity Discount, Buy More & Save!**

LIDLESS BUCKETS	Item Number	1-9	10+
6-Gallon Lidless Bucket <i>On Sale!</i>	4E1-MS-C200	\$6.69	\$6.39
5-Gallon Lidless Bucket	4E1-MS-C100	\$5.95	\$5.50
4.25-Gallon Lidless Bucket	4E1-MS-C425	\$5.50	\$5.00

BUCKETS WITH LIDS	Item Number	1-9	10+
6-Gallon Bucket with Lid <i>On Sale!</i>	4E1-MS-C201	\$8.29	\$7.79
5-Gallon Bucket with Lid	4E1-MS-C101	\$7.50	\$7.00
4.25-Gallon Bucket with Lid	4E1-MS-C426	\$6.95	\$6.50



## OPEN BUCKETS WITH EASE!



**Oxygen Absorbers.** Add these absorbers when preparing your food for storage. Essential in helping keep your food fresh longer. See charts below.

10 Pack of 500 CC (Small) 4E1-QM-A101  
3<sup>00</sup> Buy 6+ for only 2<sup>50</sup>

10 Pack of 2000 CC (Large) 4E1-QM-A121  
8<sup>50</sup> Buy 6+ for only 8<sup>00</sup>

#10 CAN WEIGHT	QUANTITY OF 500 CC
0 - 2.5 lbs	2
2.5 + lbs	1

SUPERPAIL WEIGHT	QUANTITY OF 2000 CC
0 - 15 lbs	3
16 - 35 lbs	2
35 + lbs	1

**Heavyweight Lid.**  
Contains a gasket for a better seal.

1-9 **175** EACH  
4E1-MS-L400

Buy more & save!  
10+ **150** EACH

**Metallized Storage Bag.**

Measures 20.5" x 30"

**175**  
4E1-ZA-B105

Buy 10+  
**150**

Check out youtube.com/EmergencyEssentials  
"Sealing Metallized Bags and Storing Your Food"

## Snapware Containers.

A super way to preserve the quality of your dry food and organize your shelves at the same time.

■ Patented freshness seal, easy-open Snap-Lock lid, and extra wide-mouth

■ Made of shatter-proof flexiglass

■ Ideal for storing dehydrated and freeze-dried foods after opening the #10 cans



2.5 Gal. 4E1-MS-C024 (\$16.50 value) **\$14.95**  
120 oz. 4E1-MS-C021 (\$8.75 value) **\$7.95**  
64 oz. 4E1-MS-C022 (\$8.50 value) **\$7.50**  
32 oz. 4E1-MS-C023 (\$6.50 value) **\$4.95**



## Gamma Seal Lids.

Transform 12-inch diameter pails into airtight storage containers. Making items in pails easily accessible and color coded.

**750**

White Lid.....4E1-MS-L700  
Blue Lid.....4E1-MS-L701  
Red Lid.....4E1-MS-L702  
Yellow Lid.....4E1-MS-L703  
Green Lid.....4E1-MS-L704  
Black Lid.....4E1-MS-L705  
Orange Lid.....4E1-MS-L706



**Snapware 10-Piece Pantry Set.**

**26<sup>50</sup>**  
(MSRP \$33.00)  
4E1-MS-C020

## Snapware 10-Piece Pantry Set.

The 10-Piece Snapware Pantry Set includes one 120 oz. container, two 64 oz. containers, and two 32 oz. containers, plus lids.



# Group Specials

The Group Program is a way for families, friends, and neighbors to work together to obtain discounts on preparedness items. Group orders qualify for free shipping within the 48 contiguous states when the minimum purchase amounts are met. Quantities are limited on all Group products. To order, call toll-free 1-800-999-1863 or visit us online at [BePrepared.com/Group](http://BePrepared.com/Group).

## Limited Quantities!



### Freeze-Dried Tomato Chunks.

Toss a handful of these tasty tomato chunks into a veggie omelette, or simmer some to perfection in a pot of your own homemade chili or vegetable soup. No matter how you use them, these tender freeze-dried tomato chunks add even more possibilities to your food storage. Each can contains 5 oz.



**15<sup>00</sup>**  
EACH  
(Regular \$43.95)  
4E1-FN-T180

**SAVE**  
**65%**  
OFF REGULAR PRICE

*At least 12 cans must be purchased to receive discount.*



### NEW! MRE Drink Mix Combo.

Specifically designed for on-the-go-situations, these drink mixes are a perfect fit to complement any meal. With 9 flavors and 3 of each flavor included these drinks are ideal for large families looking for variety.

**10<sup>00</sup>**  
EACH  
(Regular \$16.95)  
4E1-FM-B500

CONTENTS*	Qty.
Vanilla Dairyrshake	3
Pink Lemonade	3
Grape	3
Lemonade	3
Strawberry	3
Orange	3
Fruit Punch	3
Lemonade (Sugar Free)	3
Raspberry Lemonade (Sugar Free)	3

**SAVE**  
**41%**  
OFF REGULAR PRICE

*At least 10 combos must be purchased to receive discount.*



### Freeze-Dried Chopped Spinach.

Spinach is a powerhouse vegetable that maintains much of its nutritive value so it is a healthy option when added to your favorite soups and stew. Great in lasagna, omelets, and dips! Each can contains 6 oz.



**9<sup>00</sup>**  
EACH  
(Regular \$13.95)  
4E1-FN-S150

**SAVE**  
**35%**  
OFF REGULAR PRICE

*At least 12 cans must be purchased to receive discount.*



### Chopped Onions.

Season your favorite meals with ease using real chopped onions. These conveniently chopped onions can be used in place of onions in virtually any recipe. They are excellent in stir-fry, soup, stew, and even salsa. Each can contains 30 oz.



**8<sup>00</sup>**  
EACH  
(Regular \$10.95)  
4E1-FS-V125

**SAVE**  
**27%**  
OFF REGULAR PRICE

*At least 12 cans must be purchased to receive discount.*

**Orders for Group items should be placed by March 22, 2012.**

For more information on the Group Program, please visit [BePrepared.com/Group](http://BePrepared.com/Group). An additional charge will be added for orders shipped to Hawaii, Alaska, APOs & FPOs.





**Orders up to \$60 = \$6**  
**Orders up to \$60-\$120 = \$9**  
**Orders up to \$120 or More = \$12**  
 (WITHIN THE CONTIGUOUS 48 STATES ONLY)

**VALUE/MSRP** = Price Sold or Valued in the Marketplace  
**Regular** = Our Everyday Low Price  
**Sale/Savings** = Discounted Price off Our Regular Price or Value/MSRP Price

<sup>†</sup>Sold by weight, not volume.  
Some settling may occur.

**30-Day Satisfaction Guarantee**  
We want you to be happy with our products. If your purchase fails to meet your expectations, please call us. We will make it right with you! We are also confident you won't find a better deal anywhere else within 30 days of your purchase. Guarantee applies to retailer's advertised price including shipping. If you find the same product anywhere else for less, let us know and we'll match the price or give you a gift certificate toward your next purchase in the amount of the difference. (Some restrictions may apply.)  
**An RMA (return merchandise authorization) number is required for returns. To obtain an RMA number and learn about our return policy, call us toll-free at 1-800-999-1863**



**Do you know someone who would like to receive a catalog?** Simply fill out their name and address here and send it with your order or tell us on your phone order, and we'll send them one for you!

**1-800-999-1863**

**Zip**

Fax orders to (801) 222-9598, or visit us at [www.BePrepared.com](http://www.BePrepared.com).



# Emergency Essentials<sup>®</sup>

*(We cannot ship to a P.O. Box)*

(If different than "Ordered By" or if address is a P.O. Box)

\*For package tracking & sale notification

\*For package tracking & sale notification

**Send orders to Emergency Essentials Inc., 653 North 1500 West, Orem, UT 84057**

[illegible]

☐ NOVUS ☐ MasterCard ☐ VISA ☐ AMERICAN EXPRESS

All orders shipped within Utah add Sales Tax  
of (6.85% Nonfood) (3.0% Food) x Item Total

*(Found near your mailing address on the back of this catalog).*

Orders up to \$60	=	\$6	<b>\$6, \$9, or \$12</b> ➡ (See Chart)
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MARCH SPECIALS 2012 | **Emergency Essentials®** 51





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